

Dear Parent/Carer

Re: Healthy Child Programme – Doncaster School Nursing service – Zone 5-19

Please take time to read this letter carefully

The NHS needs to have a good understanding of how children are growing across the country so the best possible health services can be provided for them. As a result, all children in England in Reception and Year 6 are offered a height and weight check each year.

National Child Measurement Programme (NCMP)

In Reception and Y6, our team will see your child in school to screen their height and weight measurement. This is a government led screening process that the School Nursing Service is commissioned to deliver by the Local Authority.

At the time of screening, the results will **not be shared** with your child. Within 6 weeks following your child's height and weight screening you will receive a results letter in the post. In that letter there will be a link for you to follow so that you can calculate your child's Body Mass Index (BMI) if you wish to do so. **It is your choice as to whether you share the results with your child.**

We will contact you by telephone if we need to discuss your child's results in more detail with you.

Consent for your child to be screened.

If you are happy for your child to have their height and weight screened, you do not need to do anything further. Schools are encouraged to let you know the date that the team will be in school. Please check newsletters, digital systems (dojo) and social media platforms for information.

CONSENT- Parents/carers please note it is your responsibility to inform the School Nursing team NOT your child's school if you wish to decline consent for your child to be screened. This information must be updated in Reception and again in Y6 for each of your children, even if you have previously declined consent or have done this in another school. It is important that you do this by the date and contact details below so that we do not screen your child against your wishes.

The date we need this information by is - 26th September 2025

Hearing and Vision Screening

In Reception only, the team will also see your child to screen their Hearing and Vision. This usually means we will visit your child's school on two separate occasions, once to deliver the NCMP programme and again to screen vision and hearing. However, in smaller schools we may carry out both screening assessments on the same day.

As the parent/carers, you will receive a results slip which will be sent home with your child on the day of screening. This will advise you of the outcome of your child's assessment.

Where the screening results indicate on going assessment is required we will complete a referral to the appropriate vision or hearing provider to offer that further assessment.

Our current providers are;

Vision (Ophthalmology) - Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust (Ophthalmology) <https://www.dbth.nhs.uk/> and <https://www.evolutio-ophthalmology.co.uk/>

Hearing (Audiology) - Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust <https://www.dbth.nhs.uk/>

Should your child not be able to follow the Screening process due to their understanding, guidelines advise that we refer your child to the relevant department for further support. Should you **not wish** for your child to be seen by the provider they have been referred to, please contact the appropriate department directly, ideally before you receive an appointment so that the appointment can be offered to another child.

Finally, should we identify any concerns regarding your child's Hearing and/or Vision, we may share this information with your child's school so that any relevant support can be considered in the school setting.

Contact Numbers

School Nursing Single Point of Contact (SPOC) – 0300 021 8997

Email - rdash.doncasterchildrenscaregroup@nhs.net

Audiology – 01302 642763

Ophthalmology – (Orthoptics Reception) - 01302 644515

If you have any particular worries or concerns regarding your child's health the School Nursing team will be happy to help and advise you and can be contacted as above.

Health advice in preparation for your child starting school.

Vaccinations - To promote good health, we encourage all children to follow the primary vaccination programme. If your child has missed any of the required vaccinations and you would like your child to receive them, please contact your GP for further information. If you have questions about which vaccinations are needed, please contact your GP.

Dentist - We encourage all children to be registered at a dentist and to have regular check-ups. Please follow the link or scan the QR code to search for a local dentist. <https://www.nhs.uk/service-search/find-a-dentist>

Continence – if you have any concerns about your child's toileting, please follow the link or scan the QR code. <https://eric.org.uk/>



INFORMATION TO HELP YOU BETTER UNDERSTAND THE NCMP PROGRAMME

What happens to the results?

Results from all the schools in your area will be gathered and held securely by your local Public Health team. Please follow the link or scan the QR code to see the National Child Measurement Programme: Privacy Notice.

<https://www.gov.uk/government/publications/national-child-measurement-programme-privacy-notice/national-child-measurement-programme-privacy-notice>



Why is a healthy weight important?

We understand that it is often easy to form a personal judgment as to whether your child is a healthy weight. Sometimes height and weight results can differ to what you may expect. Medical conditions and medication can sometimes cause changes in growth. By recording height, weight and BMI accurately, the results will allow you to have a clearer understanding of your child's growth. These results can often help parents/carers make decisions about their child's lifestyle and make simple changes if necessary. We are here to support you if needed.

To help your child achieve and maintain a healthy weight, we encourage the whole family to work together to eat as healthy as possible and be active together as a family. Children who see their parents/carers, grandparents and extended family following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.

The Doncaster School Nursing service – Zone 5-19