

# Reception year

## Child health checks at school

Children in reception are offered 3 health checks. We know how important your child's health is to you so taking part is a great way to find out important information that helps you to keep them healthy. If you are happy for your child to have these health checks please do not return this form (unless you are providing medical information)

Name of child

Child's date of birth

Name of school

I **do not** wish my child to be weighed and measured (Reception)

I **do not** wish my child to have their vision checked (Reception)

I **do not** wish my child to have their hearing checked (Year 1)

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian's name: \_\_\_\_\_ Relationship to child: \_\_\_\_\_

If your child has a medical condition or takes medication that affects their growth or weight, please provide brief details below.

If you prefer to provide this information through the school nurse you can do this via the contact details on page 7.

We ask this question to help us correctly assess your child's measurements.

Comments:

**Please read the information on the back of this booklet to find out about how we keep your information safe.**





# Your child's health at school

## Reception



It is important that you read the information enclosed in this booklet. School health checks are carried out on an 'opt out basis'. If you do not wish your child to have them you need to 'opt out' on the form provided and return it to your school.



## Health checks offered in primary school

Children in reception classes are offered 3 health checks. The vision and hearing checks are operated by Royal Cornwall Hospitals NHS Trust. The height and weight checks are completed by the School Nurse Team. We know how important your child's health is to you so taking part in each check is a great way to find out important information that helps you to keep them healthy.



### Vision Screening

This check helps identify if your child has a vision problem, for example needing glasses (page 5).



### Hearing Screening

This check helps identify if your child has a problem with their hearing, for example, Glue Ear (page 5).



### Weight and Height

This check helps you to see if your child is growing as expected. (page 6).

Your school will keep the green form on record and inform the health screener/school nurse of your choices. You can opt your child out at any time by contacting the school.

If you would like to give us any feedback on the National Child Measurement Programme please email [ncmp@cornwall.gov.uk](mailto:ncmp@cornwall.gov.uk) or call 01872 322828

## Vision screening

The Royal Cornwall Hospitals Trust aims to check the vision and hearing of children whilst in reception or year 1. Assessments are undertaken by a screening professional from the orthoptic department.

### Why should your child be screened?

To help identify a child with a visual problem, for example the need for glasses.

Your child does not need to be screened if he/she is already receiving treatment from a local hospital or has already been seen by an optician.

### Results

You will receive a letter (sent home with your child) on the day of the test. This will say if your child's vision is normal or if the test indicates a possible problem. If required your child will be invited to a further test at a local hospital.

If you have any questions or concerns please contact the Orthoptic Department on **01872 253287**.



## Hearing screening (Year 1)

Although we ask for permission while your child/children are in Reception we aim to check the hearing of all children aged 5 – 6 years in Year 1. The screening will take place in your child's school. Assessments are undertaken by a Paediatric Hearing Screener (specialist hearing health professional).

### Why should your child be screened?

To help identify a child with a hearing problem, for example glue ear.

### Results

You will receive a letter (sent home with your child) on the day of the test. This will say if your child's hearing is normal or if the test indicates a possible problem. If required your child will be invited to a further test at a local hospital.

There are many reasons why we may be unable to obtain a "clear response" at the first hearing test, so if necessary a second test may be performed about 8–12 weeks later to allow any temporary problems to resolve.

If you have any questions or concerns please contact the Children's Hearing Services Co-ordinator on **01872 254905**.

# Height and weight checks; The NCMP (National Child Measurement Programme)

Every year in England, children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP).

Your child doesn't have to take part but every child measured contributes to building an understanding of national and local trends in child weight.

The measurements for all children will be gathered together and held securely by our local authority public health team. No individual measurements will be given to your child, school staff or other children, and all information will be treated confidentially.

The information is used within the local authority and NHS to help plan the provision of services and advice to support healthy weight and lifestyles in the area. The information is also submitted for national analysis and publication in a way that means individual children cannot be identified.

## Your child's measurements

Parents and carers have told us that they want to know their child's measurements so we send a letter to your home, addressed to the parent or carer with this information. We think this is a great idea as it allows you to have an important piece of information that you can add to what you already know about your child's lifestyle.

As well as your child's height and weight we also work out your child's BMI centile (different to adult BMI). If your child's BMI centile suggests they are underweight, very overweight, extremely short or extremely tall, we will contact your GP and ask

them to make an appointment with you. This is so your GP can make sure there isn't an underlying medical cause for this.

You can see what the letters look like, get answers to frequently asked questions and see some videos that give more detail at [www.cornwall.gov.uk/ncmp](http://www.cornwall.gov.uk/ncmp)

The measurements will be supervised by trained school nursing staff, at school, in a private space away from other pupils. Children who take part will be measured fully clothed except for their coats and shoes. Routine data such as your child's name, date of birth, sex, address, postcode and ethnicity will also be collected.

## Advice and support

If, like most parents, this booklet has got you thinking about your child's health and how their lifestyle affects it, or you have already thought about small changes you'd like to make but unsure how to do them we recommend having a chat with the Cornwall Healthy Weight Team. You can also use the information in this booklet about being physically active and having a healthy diet showing what all children need for good health.

Contact the Cornwall Healthy Weight Team

Tel: **01209 615600**

Email **Healthy.Cornwall@cornwall.gov.uk**

You can also contact your school nurse on **01872 22 14 00**.

## Opting your child out of the programme

If you are happy for your child to be measured, you do not need to complete the form. If you wish to opt your child out of weighing and measuring, you must tick the box on the form attached to this booklet and return this to your school. We operate all school health checks on an 'opt out' basis and your child will be weighed and measured unless you return the form attached to this booklet. You may also opt out of the child health checks at any stage by contacting your school. School nurses always carry out the measurement process sensitively and children will not be made to take part if they do not want to.



# Health review with the School Nursing Team

## 0 - 19 Children's Services

The school nurses belong to a wider team of nurses within children's services. They work very closely with the Health Visiting Team. The School Nursing service offers all parents the opportunity for their child to have a health review during their reception year at school. We provide confidential support and advice that promotes the best possible health and educational outcomes for your child.

Our team are trained to support children's physical and emotional health and can also help if you have concerns about your child's weight, behaviour or continence problems (night and day time wetting).

If you would like to take the opportunity to have a health review for your child please contact the Care Management Centre on 01872 221400 who will contact the School Nurse team at your child's school.



### Here to help you and your child

We can help you with or refer you to:

- Healthy eating/lifestyle
- Health assessments
- Supporting a school where a child has a health condition
- Support with the Team Around the Child process

We can support referrals to:

- Children's mental health services
- Dietitian/weight management programmes
- Readiness for toileting

### How to contact your school nurse

If you wish to make a self-referral appointment with the school nurse, please contact the Care Management Centre on 01872 221400 who will contact the School Nurse team at your child's school.



## Healthy Schools

# Is your school a Healthy School?

Our aim is simple; to support schools to improve health and wellbeing for pupils, staff, parents and carers. It is important that children are happy and healthy, so that they can concentrate and achieve their full potential at school.

### School Meals

One part of what we do, is help schools provide children with the confidence, skills and understanding to make healthy food choices and help schools to provide nutritious food and drink across the school day. You can carry on their learning at home using things like the change4life website where there's loads of ideas for food swaps. The Eatwell Guide is great for children and adults helping to check you get the right nutrients from the food your family eats.

Statistically, only 1% of packed lunches are as healthy and nutritious as a school meal. As all children up to the age of 7 are now entitled to a free lunch under the Universal Infant Free School Meals programme, this is a great way of ensuring your child is accessing a healthy, nutritious meal. It also helps take the stress out of trying to think of new packed lunch ideas to keep your little ones interested! You can find more information about free school meals at [www.cornwall.gov.uk/schoolmeals](http://www.cornwall.gov.uk/schoolmeals).

You can find out more about Healthy Schools at our website [www.cornwallhealthyschools.org.uk](http://www.cornwallhealthyschools.org.uk) or call us on **01209 615600**.



## Healthy Cornwall

# Are you ready to make the healthy choice?

No matter what your age or ability we can help you to lead a happier, healthier life. We're here to support you with weight management, healthy eating and physical activity.

Eating well and being physically active is an important part of maintaining good health, and can help your child feel their best. We have lots of fun and friendly support available in Cornwall for children aged 4-7 years and can help you with things like:

- looking at the different food groups, eating a balanced and healthy diet and portion sizes for your whole family
- reading and understanding food labels and the importance of making healthier food choices, for the whole family
- looking at the hidden fats and sugars in our foods

You can find out more about healthy weight at our website [www.healthycornwall.org.uk](http://www.healthycornwall.org.uk) or call us on **01209 615600**.

# Eatwell Guide

Check the label on  
packaged foods

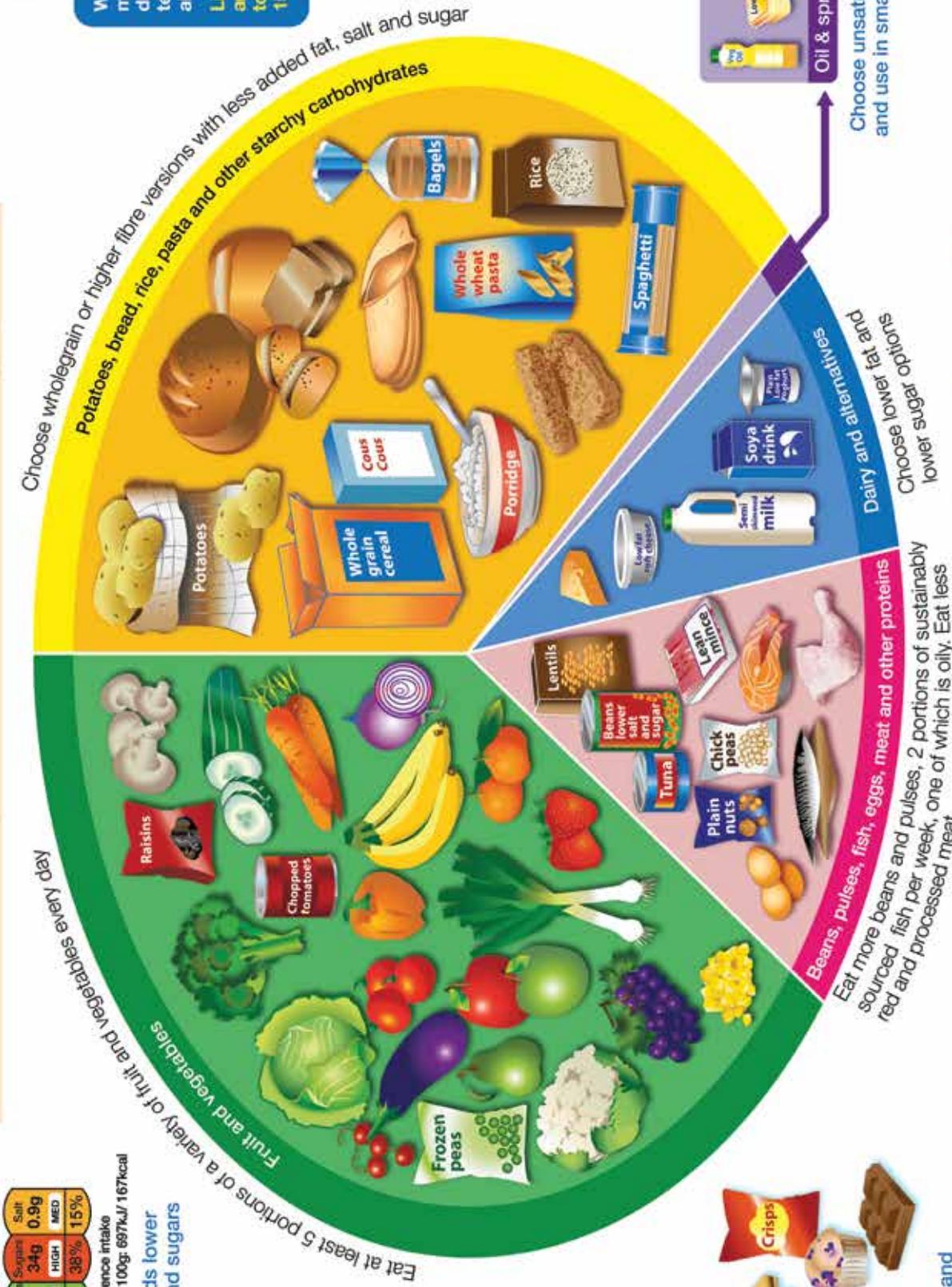
Each serving (150g) contains

	Saturated fat	Sugars	Salt
Energy	1046kJ / 250kcal	1.39g	0.9g
Fat	3.0g	LOW	HIGH
13%	4%	7%	38%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ / 167kcal

Choose foods lower  
in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food.  
It shows how much of what you eat overall should come from each food group.



Eat less often and  
in small amounts



Per day 2000kcal

2500kcal = ALL FOOD + ALL DRINKS

# Physical activity

## for children and young people (5–18 Years)



BUILDS  
CONFIDENCE &  
SOCIAL SKILLS



DEVELOPS  
CO-ORDINATION



IMPROVES  
CONCENTRATION &  
LEARNING



STRENGTHENS  
MUSCLES &  
BONES



IMPROVES  
HEALTH &  
FITNESS



MAINTAINS  
HEALTHY  
WEIGHT



IMPROVES  
SLEEP



MAKES  
YOU FEEL  
GOOD

## Be physically active

Spread activity  
throughout  
the day



All activities  
should make you  
breathe faster  
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE



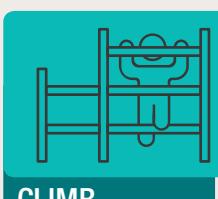
SPORT



PE



SKIP



CLIMB

Include muscle  
and bone  
strengthening  
activities  
**3 TIMES  
PER  
WEEK**



WORKOUT



DANCE



LOUNGING



LOUNGING

## Sit less

## Move more

Find ways to help all children and young people accumulate  
at least 60 minutes of physical activity everyday

## 5 top tips for helping your child stay a healthy weight

**Aim for 5 or more portions of fruit and veg a day**



**Be physically active - aim for 60 minutes every day**

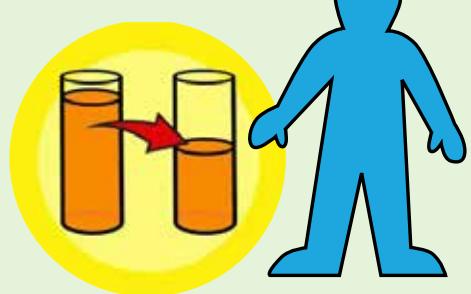


## Swap



**the snacks**

**Me size portions**  
kids tummies are smaller!



**Be a good role model**

Children learn by example.

One of the most powerful ways to encourage your child to be active and eat well is to do so yourself.





# Healthy snacks

## Offer variety:

- Try to eat foods from 2-3 different groups at each snack time
- Eat a rainbow of colours throughout the day

## Between meals avoid sugary snacks which can damage teeth:

- Dried fruit, juice and smoothies
- Breakfast cereals, cereal bars, sweet yoghurt
- Sweets, cake, biscuits and chocolate

### Carbohydrates

Plain popcorn	Tortilla wrap triangles	French toast	Corn crackers
Oatcakes	Toasted pitta bread strips	Plain crackers (e.g cream cracker, water biscuit)	Crackerbread
Pasta pieces	Breadsticks	Slices of a crumpet	
Plain rice cakes			

### Protein

Smooth peanut butter	Mini omelette	Seeds
Hard boiled egg pieces	Sardines	Chicken strips
Houmous	Chickpeas	
Mixed bean salad	Slices of meat	

### Dairy

Natural yoghurt	Cream cheese	check salt level	Edam
Grated / sliced cheddar cheese	Glass of milk	Nibbles of different types of cheese (avoid mould ripened cheese if under 5 years)	Mozzarella balls
Cottage cheese	Plain fromage frais		
	Cheese spread triangle		

### Vegetables

Celery sticks	Pepper sticks	2-4 olives (Rinsed well if in brine)	florets
Carrot sticks	Baby sweetcorn	Raw / steamed broccoli or cauliflower	Tomato salsa
Cucumber sticks	Cherry tomatoes (cut into quarters)		
Mange tout			

### Fruit

Apple slices	Kiwi fruit	Small orange, clementine or satsuma	Plum, stone removed
Banana	Pear slices	Berries	Banana dip
Seedless grapes (cut into quarters)	Nectarine	Small slices of melon or fresh pineapple	Mango

## Keeping your child well at school

Infections can sometimes spread from child to child in schools. There are three main ways you can help prevent this:

### **1. Make sure you child is up to date with their vaccinations.**

Your child's GP will have their vaccination record, if you are unsure, please contact them to check things are up to date.

### **2. Stop bugs spreading**

Encourage your child to wash their hands often throughout the day and always before eating and after using the toilet.

### **3. Keep your child out of school if they have:**

- Tummy bugs – keep off school for 48 hours after the last time they vomited or had diarrhoea.
- Rashes and skin infections – these should be checked by your GP who will advise whether your child should be kept off school

If you are concerned your child is very unwell or might have a serious infection of any kind you should always consult your GP.

### **4. Other common bugs like head lice, threadworms and verrucas**

Whilst these are uncomfortable or irritating, they are not serious and do not require children to be kept off school. You can use the NHS choices online for up to date information on how to treat these minor conditions. Speak to your school nurse, pharmacist or GP for further advice.

## Top teeth tips for the family

- ★ Be Sugar Smart - Avoid sugary food and drink before bedtime, They should be consumed less often and only at mealtimes.
- ★ See the Dentist - It's free for kids under 18 to visit NHS dentists.
- ★ Brushing twice is nice - make sure your kids clean their teeth twice a day with a fluoride toothpaste. Brushing before bedtime is really important and then once more at any other time that suits your family.
- ★ Spit don't rinse - not even with water, the more contact toothpaste has with teeth the better!

**To register with a dentist phone 01392 822 348**

## Protect your family by keeping your home and car smoke free



Second-hand smoke harms everyone in your home. If people are going to smoke it's best to smoke outside. Opening windows or standing in an open doorway will not make your home smoke free.

**If you feel ready to quit, call Healthy Cornwall on 01209 615600 for all the information you'll need.**

## Protecting your child against flu

The children's flu immunisation is offered as a yearly nasal spray to young children to protect them against flu. Flu can be a very unpleasant illness for children with potentially serious complications, including bronchitis and pneumonia.

### **Who will give your child's flu nasal spray?**

Children aged two, three and four years will be given the flu nasal spray at their GP surgery, usually by the practice nurse.

This year all children in school years one, two and three (age 5, 6 and 7) will now be given their flu nasal spray in school, except on the Isles of Scilly where it continues to be given in other community health settings.

### **Why protect your child against flu**

- The nasal spray is painless and easy to have
- Flu can be really serious, especially for children with medical conditions like heart disease and diabetes
- If your child gets flu you may have to take time off to look after them
- Protecting your child can stop flu spreading to other children and the family, especially babies and grandparents, who may be at higher risk from flu

Your child's GP or school will contact you about giving them the flu nasal spray in the autumn term.

**For more information visit: [www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)**

**STAY WELL  
THIS WINTER**

# Useful information



Healthy Cornwall

**Free healthy lifestyle advice and support for the whole family** on issues such as **smoking, physical inactivity, unhealthy diet/weight loss, excess alcohol, lack of social connections**.

Call us on **01209 615600** or email us **hps.admin@cornwall.gov.uk** If you're worried about the cost of your phone bill, just ask and we'll quite happily call you back. Alternatively, you can complete our online self-referral form.



**Get Active Cornwall**

[www.getactivecornwall.co.uk](http://www.getactivecornwall.co.uk)

Advice, inspiration and motivation to help the whole family get active, plus a directory of activities across Cornwall.



**Active Scilly**

For ways to get fit and active for the whole family on the Isles of Scilly contact **01720 424373**.



**Change 4 Life**

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

Would you or your family like to be healthier and happier? Would you like loads of ideas, recipes and games to help you do this? Then check out the website and join Change4Life.



**Cornwall and Isles of Scilly Family Information Service Directory**  
[www.cornwallfisdirectory.org.uk](http://www.cornwallfisdirectory.org.uk)

Cornwall's directory of support, advice and services for families. Childcare, parenting, work and education, money matters, leisure activities, disability and much more.



Top Tips for Staying Safe in the Sun

- cover up
- apply a SPF 15+ UVA/UVB 5 star suncream every 2 hours (SPF 30+ for fair skinned and children)
- wear a hat and sunglasses
- seek shade during peak times – e.g. between 11am to 3pm
- drink lots of water and stay hydrated

## BCG vaccination

BCG is a risk based vaccination programme, which means that it is only necessary for children at increased risk of infection. Children are considered at increased risk if they fall into one of the following groups:

- Born in a country with a high risk of TB
- Have a parent or grandparent who were born in a country with a high rate of TB

Children are eligible for BCG up until the age of 16, although it is recommended that they are vaccinated at an early age as this is when the vaccine works best.

BCG is a once only vaccination, so if your child has already been vaccinated they do not require another BCG.

You can check if a country has a high rate of TB on the WHO website. [www.gov.uk/government/publications/tuberculosis-tb-by-country-rates-per-100000-people](http://www.gov.uk/government/publications/tuberculosis-tb-by-country-rates-per-100000-people)

For further information or to request an appointment, please contact the Community TB Service Tel: **01209 318052** or TB Specialist Nurse on **07747 457233**

Please note that BCG vaccination is not available from your G.P surgery.

If you would like this information in another format please contact:

Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY

Email: [comments@cornwall.gov.uk](mailto:comments@cornwall.gov.uk) [www.cornwall.gov.uk](http://www.cornwall.gov.uk) Telephone: 0300 1234 100

jn44600 August 2018

All information correct at time of going to print



eylgylghya rag Kernow



# Height and weight checks for children in Reception

Every year in England, children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP).

The NCMP provides information to help build an understanding of national and local trends in child weight. It is important to have a good understanding of how children are growing, so that the best possible advice and support can be provided for them and their families.

## Privacy Notice

The data collected on this form and the programme's data are used within the local authority to help plan the provision of services and advice to support healthy weight and lifestyles in the area. Cornwall Council is the data controller and you can contact them on 01872 326424 or email them at [dataprotection@cornwall.gov.uk](mailto:dataprotection@cornwall.gov.uk). The information is also submitted for national analysis to NHS Digital for publication in a way that means individual children cannot be identified and stored for a maximum of 25 years.

The measurements will be supervised by trained school nursing staff at school in a private space away from other pupils. Children who take part will be measured fully clothed except for their coats and shoes. Routine data such as your child's name, date of birth, sex, address, postcode and ethnicity will be collected.

The data from all schools in the area will be gathered together and held securely by Cornwall Council's public health team. As well as your child's height and weight we will also work out their BMI centile (different to adult BMI). Letters are automatically generated and sent addressed to the parent or carers of the child. If your child's BMI suggests they are underweight, very overweight or extremely short we may also send a copy of the letter to your GP asking them to make an appointment with you so that they can make sure there isn't an underlying medical cause for this.

No individual measurements will be given to school staff or other children, and all information will be treated confidentially. Local Authority (Public Health, Health and Wellbeing Boards and Health Scrutiny) Regulations 2013 allow for all eligible children's name, age, address, date of birth and school to be collected

and stored by NHS Digital to manage the opt out process. This data is still collected even if you opt your child out of the NCMP but is not shared with third parties.

If you have any concerns regarding the processing of your data please contact the National Child Measurement Programme team on 01872 322828 or go to [www.cornwall.gov.uk/ncmp](http://www.cornwall.gov.uk/ncmp) and you have the right to complain to the Information Commissioner's Office at [www.ico.org.uk](http://www.ico.org.uk).

After the measuring process we will send you your child's measurements and information on healthy eating, being active and services available in your area.

## Opting your child out of the programme

If you are happy for your child to be measured, you do not need to do anything. If you do not want your child to take part, or if you have any questions, please let us know using the contact details on this form. Children will not be made to take part if they do not want to.

## Royal Cornwall Hospitals Trust (RCHT)

### Vision and hearing screening

The RCHT will be processing your child's data in order to provide visual and/or hearing screening services. Your child's information will only be accessed by those staff that are involved in the provision of these services and will not be shared with others unless there is a legal reason for us to do so.

If you wish to know more about your rights with regard to Data Protection, please visit our website on <https://www.royalcornwall.nhs.uk/our-care-promise/confidential-personal-information/>

If you wish to discuss this please contact the Trusts Data Protection Officer, email: [rcht-tr.infogov@nhs.net](mailto:rcht-tr.infogov@nhs.net) or by calling 01872 255014