

**Private and confidential**

**School Health**

Maidstone Studios  
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Kent  
ME14 5NZ

**Phone:** 0300 123 4496

**Email:** [kentcht.schoolhealthscreening@nhs.net](mailto:kentcht.schoolhealthscreening@nhs.net)

**Web:** [www.kentcht.nhs.uk](http://www.kentcht.nhs.uk)

October 2020

**Letter reference: NCMP - Height and Weight checks for children in Year 6**

Dear Parent/Carer,

Unfortunately, due to Covid-19 and competing pressures we will not be measuring year 6 this academic year, we would encourage you to weigh and measure your own children. How to do this can be found here [https://youtu.be/i8\\_mubVI6hk](https://youtu.be/i8_mubVI6hk) and then use [www.nhs.uk/live-well/healthy-weight/bmi-calculator](http://www.nhs.uk/live-well/healthy-weight/bmi-calculator) to identify if your child is underweight, a health weight, overweight or obese.

Once calculated you can access advice and tips on how to support your child to achieve and maintain a healthy weight here [www.nhs.uk/change4life/your-childs-weight/home](http://www.nhs.uk/change4life/your-childs-weight/home)

Parents often find it difficult to tell if their child is a healthy weight. Whatever their weight, it is important that children eat a healthy diet and are active every day to develop a healthy body.

We feel that it is important to let you know, that while the measurement programme has been halted, we can provide individualised support to families to help support health lifestyles.

If you have any questions or concerns relating to your child's weight or wish to discuss any health concerns which could impact on your child's education, please contact the School Health Team using the details at the top of this letter.

If you require more information regarding the Kent Community Health NHS Trust School Health services please visit [www.kentcht.nhs.uk/service/school-health](http://www.kentcht.nhs.uk/service/school-health)

Information about how Kent Community Health NHS Foundation Trust collect and use information can be found at [www.kentcht.nhs.uk/legal/](http://www.kentcht.nhs.uk/legal/)

Chairman John Goulston Chief Executive Paul Bentley

Trust HQ The Oast, Unit D, Hermitage Court, Hermitage Lane, Barming, near Maidstone, Kent ME16 9NT

Yours sincerely



**Catherine Burton**  
**Head of School Health and Immunisation Service**

### **Do you have feedback about our health services?**

**Phone:** 0300 123 1807

8am to 5pm, Monday to Friday

**Text:** 07899 903499

**Email:** kentchft.PALS@nhs.net

**Web:** [www.kentchft.nhs.uk/PALS](http://www.kentchft.nhs.uk/PALS)

**If you need to speak to someone about your appointment, please contact the service directly using the details at the top of page one.**



#### **Patient Advice and Liaison**

**Service (PALS)** Kent Community Health NHS

Foundation Trust Unit J, Concept Court Shearway Business Park

Folkestone Kent CT19 4RG