

If you do not want your child's height and weight to be measured, or your child has a medical condition that affects their height or weight please let us know by 19th January 2024 using the contact details provided below:

School Health Team by telephone 0191 2823319 or by email on nuth.nationalchildmeasurementprogramme@nhs.net

Children will not be made to take part on the day if they do not want to.

Further information

Further information about the National Child Measurement Programme can be found at <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>

Information and fun ideas to help your kids stay healthy can be found at <https://www.nhs.uk/healthier-families/>

Another way to help maintain a balanced diet and physical activity for your family is the **NHS Healthy Steps** email programme. Sign up for the 8-week Healthy Steps emails and you will be sent lots of low-cost easy tips, fun games, healthy swaps and tasty recipes on a budget.

Scan the QR code or visit healthysteps.uk to sign up.



Information about how Newcastle City Council collect and use information can be found at <https://www.newcastle.gov.uk/local-government/access-information-and-data/open-data/privacy-notice>

Information about how NHS England and Office for Health Improvement and Disparities collect and use information can be found at <https://digital.nhs.uk/about-nhs-digital/our-work/keeping-patient-data-safe/how-we-look-after-your-health-and-care-information> and <https://www.gov.uk/government/organisations/department-of-health-and-social-care/about/personal-information-charter>

Information about the organisations NHS England has shared information from the National Child Measurement Programme can be found at <https://digital.nhs.uk/services/national-child-measurement-programme>

Yours faithfully

A handwritten signature in black ink that reads "Liz Morgan".

Liz Morgan
Interim Director of Public Health
Newcastle City Council

A handwritten signature in black ink that reads "Catherine McEvoy-Carr".

Catherine McEvoy-Carr
Director of Children, Education & Skills
Newcastle City Council