



Important
information about your
child's health and the
health checks they
have in school.

Reception and year 6

child's health consent form

please return the consent form
on page 2 within three weeks



Please read the enclosed information about each of the health checks. Tick/ mark each consent box and sign below. When completed please tear off and return this page to your child's school.

This consent is valid throughout your child's primary school years. **However, you may withdraw your consent by writing to your child's school at any stage.** If you do not have a copy of the child health booklet linked to this form please contact 01726 627814.

name of child: _____ child's date of birth: _____

name of school: _____

Please note: if any of the sections below are not completed we will read this as no consent given and the health checks will **not** be performed on your child. It is important that you complete and return this form.

Vision screening (to be ticked by parent / carer of Reception children)

Choose one box to tick:

I have read the written information and I give permission for my child to participate in the vision screening programme YES, I do give my permission NO, I do not give my permission

Hearing screening (to be ticked by parent / carer of Reception children)

Choose one box to tick:

I have read the written information and I give permission for my child to participate in the hearing screening programme when in year 1 YES, I do give my permission NO, I do not give my permission

Weighing and measuring in Reception and Year 6 (to be completed by parent / carer of children in Reception and Year 6)

Choose one box to tick:

I have read the written information and I give my permission for my child to be weighed and measured YES, I do give my permission NO, I do not give my permission

By providing consent the parent/carer will receive a letter informing them of their child's height and weight shortly after the measurement is taken (see page 6 and 7).

Any comments

signed: _____ date: _____

full name: _____

relationship to child: _____

Important: Once you have read this information please complete the sections on the tear off slip at the front of this leaflet. Please tick or mark each consent box, provide your child's details and sign.

When completed please return the consent page to your child's school within three weeks .

This consent is valid throughout your child's primary school years. However, you are able to withdraw your consent in writing at any stage.

During your child's education we aim to carry out the following health checks with parental consent :

- Vision screening (Reception)
- Hearing screening (Year 1)
- Measurement of height and weight (Reception and Year 6)

If your child is absent from school on the day of an assessment for hearing or measurement of height and weight and you have signed the consent form, the health professional will visit at a later date. For vision screening you will be advised to take your child to a local optician.

Vision screening (Reception)

We aim to check the vision of all children aged 4–5 years (Reception). The screening will take place in your child's school. 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.

Results

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.

You will receive a letter (sent home with your child in a closed envelope) 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.

Please note: If you are ever concerned about your child's vision, school aged children are able to also access free eye tests at opticians.

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 Senior Hearing Screener (specialist hearing health professional).

Results

You will receive a letter (sent home with your child in a closed envelope) 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 screen 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**.



Measurement of height and weight (Reception and Year 6)

It is important to have a good understanding of how children are growing so the best possible advice and support can be provided for them and their families. Helping children to achieve a healthy weight is both a national and local priority.

Children in Reception and Year 6 are weighed and measured by the school health team. Children are fully dressed except for their shoes. All of the information gathered will be treated confidentially. No child's height or weight will be given to school staff or other children.

Questions

If you have any concerns about the height and weight measurement please call the Children's Services Administration Team on **01872 246933** and they will put you in contact with your school nurse.

School entry health questionnaire

All children are offered a **School Entry Health Assessment** with their named School Nurse in Year 1. A questionnaire is sent to the home and this is an opportunity to inform the school nurse of any health issues you might be worried about (for example, speech, development, behaviour, bedwetting, asthma, epilepsy, weight etc.) and you can request an appointment if needed.

You can also make contact with the School Nurse before the health assessment is carried out or at anytime if required. Ask your school for their contact details.

Results

All parents/guardians will receive a letter informing them of their child's height and weight as well as general advice on healthy eating and exercise. For your information, an example of a feedback letter is given on pages 6 and 7 of this leaflet.

In addition to the vision, hearing, weight and measurement checks, every school in Cornwall and the Isles of Scilly has a named school doctor and school nurse - you can ask the school secretary for their contact details. If your child has any health issues do let your school nurse know.

Useful further information

Cornwall Family Information Service

www.cornwallfisdirectory.org.uk
or phone on 0800 5878191

Information on local services and fun activities for children and families

Change4Life

www.nhs.uk/change4life or phone on 0300 123 4567

Information on fun ways to keep children eating well and moving more



NHS Choices

www.nhs.uk

Details of local services, health conditions and interactive advice on living well

Cornwall Healthy Schools

www.cornwallhealthyschools.org

www.FITcornwall.org

Information about helping young people and their schools to be healthy

Health Promotion Cornwall

www.healthpromcornwall.org

Information about local projects aimed at helping children, young people, adults and families to improve their health



into fitness come and get active!

Visit your
local leisure
centre

Bodmin - Dragon Leisure Centre
Bude - Budehaven Leisure Centre
Bude - Splash Leisure Pool
Bude - Bude Sea Pool
Camelford - Camelford Leisure Centre
Helston - Helston Sports Centre
Launceston - Phoenix Leisure Centre
Liskeard - Lux Park Leisure Centre

Newquay - Newquay Sports and
Community Centre
Newquay - Waterworld
Penzance - Jubilee Outdoor Bathing Pool
Saltash - Saltash Leisure Centre
St Austell - Polkyth Leisure Centre
Wadebridge - Wadebridge Leisure Centre



For more details please visit:

www.cornwall.gov.uk/leisurecentres
Tel: **0300 1234 100**



this voucher entitles your child to one free swim at a local Cornwall Council swimming pool...*

check www.cornwall.gov.uk/leisureandculture for participating swimming pools

one free
swim!



Which school are you from? _____

*This voucher must be used by the end of September 2012



The letter below is a sample of the feedback parents/carers will receive on weight and measurement checks



Private and confidential

Parent / Carer of A N Other
Address
Postcode

September 2011

Dear Parent/Carer,

**Helping all children to eat well, move more and live longer:
*The national child measurement programme***

You may recall that earlier in the school year all parents/carers were given details of a national programme to weigh and measure their children currently in Reception or Year 6. You will have been told about this in the child's health consent form booklet from your school.

The aim of this national measurement programme is to develop a better understanding of children's weight, by collecting information from across the country to help develop services that can support children and parents in choosing or maintaining a healthier lifestyle.

The measurement programme is only one part of the overall effort to help children eat well, move more and live longer. Schools are already providing a wide range of education opportunities, both in class and through other activities. New resources are being developed for parents, particularly through the national Change 4 Life campaign which you may have seen advertised on the television, radio or local papers. The aim is to work with parents and share ideas about what works best when encouraging children to be active and enjoy healthier food and so protect their health both now and in the future.

It is felt important that each parent or carer is provided with the measurement results for their child in the same way that you would receive routine information about other health issues, such as an immunisation appointment or an eye test result. This letter has been developed with the input of parents to make sure we share information in the right way. Please note that the information we collect on your child is held by your local NHS and treated confidentially. It has not been shared with school staff or other children.

These results relate to your child at the time of measuring. We recognise that each child is different and children's weight can change over time as they grow. The chart on the page opposite shows that there are broad bands describing a child's weight which are based on national research. It is important to emphasise that this measurement process is not about putting your child into a specific category, but to show where your child may sit relative to other children across the country at the time they were measured.



Here are the results for your child at the time of measuring compared to the expected average:

		Your child		Average measurement	
Date measured	Date of Birth	Height	Weight	Height	Weight
Date of measurement	Date of birth				

The broad categories for children of the same height are:

Height Weight (underweight)	Height Weight (healthy weight)	Height Weight (overweight)
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Whatever your child’s individual measurement, the advice is that taking many opportunities to help your child to be active and eat a balanced diet will be a good investment for their long-term health and happiness. Most children shouldn’t aim to lose weight, but it is important to help your child eat well and be active. As parents know, over time, this will help them reach or maintain a healthy weight for their age.

These days, ‘modern life’ can mean that we’re a lot less active. With so many opportunities to watch TV or play computer games, and with so much convenience and fast food available, we may not move about as much or eat as well as we used to. If children are carrying too much fat in their bodies, they are at greater risk of illnesses like heart disease and diabetes in later life. If they’re underweight, it’s just as important for them to eat healthy food and be active.

Parents know that eating healthily and being active can be fun for the whole family, and the booklet that has been enclosed with this letter is based on conversations with parents about what has worked for them. Please take time to read this booklet and think about whether any of the ideas feel right for you and your family. They may help to reinforce your good work.

If you want to know more about local opportunities to be active, or learn more about healthy eating, please call the Cornwall Family Information Service for free, friendly advice on **0800 5878191** or search your local area on www.cornwallfisdirectory.org.uk. Please use this service to find out about local facilities, clubs or events for children and families.

If you would like more specific advice about your child’s weight you can contact your school nurse or GP surgery. We would welcome any feedback about this letter or your views on how we can best work with parents to help children achieve a healthy weight. Please either send your comments to Gareth Dix (gareth.dix@CLOSPCT.cornwall.nhs.uk) or phone him on **01726 627928**.

Yours sincerely

Felicity Owen
Director of Public Health



Simple, healthy tips

Kids are designed to be **energetic**. It's really healthy if children get to be very active for at least one hour a day.



Kids can add up these activity minutes in lots of different ways. **Simply playing outside is a really good way of being active.**

How about swapping a fizzy drink for water or milk, or a chocolate bar for a piece of fruit. Regular small changes help to make families healthier and feel great.



Breakfast is a super-duper important meal.



Regular meal times are really important for kids, as well as portions sizes that match a kid's age.

Maybe take time to be active by discovering where you live and how to look after it. **Cornwall is a beautiful place.**



...So eat well, move more and live longer.

Taken from Change 4 Life Top tips for health kids and Cornwall and Isles of Scilly PCT Public Health.

If you would like this information in another format please contact:
Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY
or telephone: 0300 1234 100 or email: enquiries@cornwall.gov.uk
www.cornwall.gov.uk

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