

The School Health Nursing Service recently visited your child's school to carry out vision screening and height and weight measurements for the National Child Measurement Programme. If your child was measured on the day, we would like to thank you for their participation and confirm that you will soon receive a letter through the post with your child's measurements, please ensure that the school have your correct address.

If your child was not in school on the day of measurement you can use the [NHS BMI calculator](#) to input your child's height and weight to check their growth. You can contact your GP or the School Health Nursing Service if you would like to discuss your child's measurements. We would also encourage you to take your child to the community optician to ensure good eye health.

Check out the [NHS Better Health, healthier families website](#), it has lots of useful information for living healthier lives, including recipes, healthy food swaps and so much more!

Also, the School Health Nursing Service deliver several free, live, and recorded webinars for parents and carers, such as 'Keeping your child happy and healthy'. For more information on all the webinars available please visit:

[School Health Nursing - CCHP | Community Children's Health Partnership.](#)

