

The School Nursing Service recently visited your child's school to carry out 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 Nursing Service if you would like to discuss your child's measurements.

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 visit the Sirona care and health Children's Services website for a wealth of information and learn more about the support available.

[School Nursing Service – Children and Young People's Services \(sirona-cic.org.uk\)](http://sirona-cic.org.uk).

