

Private and confidential

Bethan Stott
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Summer Term 2020

020 8702 6184

Dear Parent/Carer of Reception and Year 6 Pupils

The National Child Measurement Programme (NCMP) measures the height and weight of children in Reception class (aged 4 to 5) and year 6 (aged 10 to 11), to assess overweight and obesity levels in children within primary school. It is part of the government's obesity plan. Due to COVID- 19 further measurements will not take place this year. Some children will have already had their measurements taken and these results would have been shared with you. If you have received a letter and were concerned or are generally concerned about your child's weight you can contact a school nurse. The School Nursing service is open throughout the summer holidays on **0208 702 6184** (from 9.00am to 4.30pm) or the email is beh-tr.CedarSN@nhs.net for all health related queries

A good diet and physical activity are important to ensure your child is a healthy weight as they grow up. Visit [NHS.uk/C4L3](https://www.nhs.uk/C4L3) for lots of handy tips. Children and Young People aged 5 to 18 years should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This should be a mix of moderate activity like brisk walking and vigorous activity like running or fast cycling that makes the heart beat faster.

If your child is 10+ and lives in the Edmonton ward they can take part in the Youth Alive project. It encourages young people to look after their wellbeing, build their confidence and happiness, feel empowered, learn a new skill and take part in physical activities. Participants can take part in activities including basketball, football, cooking, acting and drama lessons. A local health champion, will discuss what the child's/young person's interests are and signpost them to free or low-cost activities. To refer your child, you can complete a referral form, which is attached to this letter, and email this to a link worker, (socialprescribing@enfieldva.org.uk), or by phone, 02083736268. Following this referral process, a young person will be contacted by a specialist Health Champion.

Yours sincerely,



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Useful Information

In addition to the Change4Life website, here are some ideas:

- Walk, scoot or cycle

Eat well

- Visit the Change4Life website to learn how to make sugar swaps
- If you're buying packaged snacks for your kids, remember to look for 100 calorie snacks, two a day max!
- Download the Change4Life Food scanner app
- Download the Sugar calculator

For more information about local services please visit www.enfield.gov.uk/healthyenfield