

Date 9th May 2016

Our reference: EM/Letters/2015

Your reference:

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If you need this information in another format or language please contact the sender.

Dear Parent

Re: Change 4 Life West -Weighing and Measuring Years 1, 2, 3, 4 & 5

As part of our Change 4 Life Programme in West Newcastle – which aims to help people be healthier and more active – children in years 1, 2, 3, 4 & 5 are routinely weighed and measured during the Summer term. We do this for two reasons:

- To provide a group comparison with previous years - this helps us measure the overall success of the Change 4 Life West Programme.
- To identify individual children with a high Body Mass Index (BMI). Having a high BMI usually indicates if a person is overweight for their height, but there are some exceptions - for example, people who do a lot of physical activity and are athletically built often have a higher than normal BMI.

We are writing to you to ask your permission to weigh and measure your child as part of the programme. We will then send you a letter to let you know how your child's weight compares with the healthy range for their age.

Parents of children with a high BMI will be given information about the health implications of being overweight and also about 'On the Go' – our fun physical activity/healthy lifestyle programme for children who may need a bit of extra help maintaining a healthy weight. They will also be offered the opportunity of a private consultation with one of the 'On the Go' Team.

The Measuring Programme starts in June. If you do not want your child to be included please contact the School as soon as possible. If the School does not hear from you by Friday 27th May 2016 they will assume you are happy with your child being weighed and measured.

We do hope you will agree to your child participating in the Programme.

Kind regards



**Professor Eugene Milne
Director of Public Health
Newcastle City Council**