



**South Tyneside and Sunderland**  
NHS Foundation Trust

Date: 25/05/2022

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NE31 1AT

Tel. No. 0191 2832189

Dear Parent/Guardian,

As part of the National Healthy Child Programme your child may have had their height and weight taken in Reception and will again have the opportunity to be measured again in year 6 if you wish. However during this time research suggests that some childrens weight can increase in steady pace resulting in the child becoming overweight or obese, sadly this can have health implications for the child in the future.

We would like to make you aware that the School Nursing Service is available to offer advice, guidance and support if you have any concerns with regards to your child's weight, diet or have any other concerns you may have. The school nursing service are available Monday to Friday 08:30-16:30 and can be contacted via telephone 0191 28332189.

Websites that you may find helpful with regards to weight, healthy eating and exercise:

"Change 4 life Smart recipes"

"Change 4 Life food scanner"

Website: <https://www.nhs.uk/change4life>

Your children's weight.

Find out more about NCMP (in order for parents to be able to check "healthy weight calculator"

[Weight.concern.org.uk](http://Weight.concern.org.uk)

Talking to children about weight in the childrens families section.

NHS BMI Calculator

Links useful for the whole family "Jamie's Ministry of food"

Eat well NHS <https://www.nhs.uk/live-well/eat-well>

Thank you

School Nursing Team