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Nursio Ysgol | School Nursing
BIP Caerdydd a'r Fro i Cardiff & Vale UHB

Dear Parent/Guardian

Date: **January 2026**

The School Health Service/Child Measurement Programme for Wales

Welsh Government has set up the Child Measurement Programme for Wales. This surveillance programme is run by Public Health Wales and is designed to help us better understand patterns of children's growth across the whole of the country. The height and weight of each child in a reception class in Wales will be measured. Measurements will be taken in a school setting by a trained member of the healthcare team. Children will be asked to wear normal light clothing and take off their shoes.

This information helps the NHS improve the health services provided for children, including those that help them maintain a healthy weight. All information used by the programme will be treated confidentially and no information identifying your child will ever be published.

If you are happy for your child to participate in this programme you do not need to do anything more. However, **if you do not wish your child to be included**, please let the school nursing service know by ringing the telephone number below, stating your child's name, DOB and school.

More information about the child measurement programme is available on a separate leaflet as well as on the NHS Public Health Wales website:

www.publichealthwales.org/childmeasurement

Kind Regards,

School Nursing service

Cardiff East School Nursing Team-02921 833114



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SCHOOL NURSING SERVICE

Date Jan 2026

Dear Parent/Guardian,

The School Nursing Team will be visiting your child's school this academic year, to assess your child's height, weight and vision. These measurements are part of the Healthy Child Wales Programme School entry review, and the Child Measurement Programme for Wales. Hearing will be checked during the year, by a separate audiology team.

If you would like to contact the School Health Nurse to discuss any concerns you may have about your child's health, now that they have started school, please contact the team on the number below.

If you do not wish your child to be routinely screened by the School Nurse, please let the team know within seven days of receipt of this letter on the telephone number below.

Kind Regards,

School Health Nurse Team

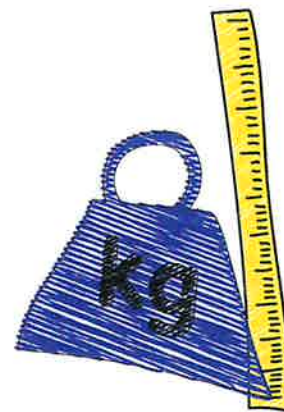
Your School Nursing Team is:

East Team 02921 833114

EVERY CHILD

Information for parents about the...

Child Measurement Programme for Wales



We want to learn about how children in Wales are growing so that the NHS can better plan and deliver healthcare. We are working with School Nursing Teams across Wales to weigh and measure children in every reception class.

What will happen?

- If you are happy for your child to be included in the Child Measurement Programme, you don't need to do anything. The School Nursing Team will measure your child's class during the school year.
- To respect privacy, children will be measured in the quietest available area of the school.
- Your child will be asked to remove heavy clothes such as sweatshirts and shoes.
- Your child will stand on the scales to be weighed, and have their height measured.

May I see my child's results?

Yes, a letter from the school nurse will explain how.

Will everyone know my child's height and weight?

No. Your child's information is confidential and will be part of your child's health record.

Does my child have to take part?

No, but if you do not want your child to take part, you need to let your school nurse know as soon as possible.

The more children that take part, the clearer picture we will have.

More information and a video explaining the programme can be found on our website:

www.publichealthwales.org/childmeasurement



EVERY CHILD

Handy hints for healthy families

up and about

Bodies weren't made to sit. Kids need to walk, jump, run and move to be healthy.



5 a day

It's important to eat at least 5 fruit and vegetables every day.

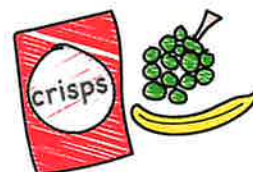


meal time

It's important to have regular meals. make time for three regular meals: breakfast, lunch and dinner and eat together as often as you can.

snack check

It can be helpful to limit snacks to 2 a day. Try and reduce unhealthy snacking – foods containing a lot of sugar, salt or fat. Swap for healthier options.



me-size meals

Kids only need kid-sized meals. Too much food can be unhealthy.



sugar swap

Try swapping food and drink with added sugar for low sugar or sugar-free options.



If you are interested in receiving more information on helping your children to stay fit and healthy please go to:
www.everychildwales.co.uk





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School Entry Health Review

This information may be helpful now that your child is in full time school.

Is your child up to date with their immunisations?

Your personal child health record (red book) should include details of the childhood immunisation programme.

For more information about childhood immunisations please scan the QR code below or visit [nhs.uk/doiyouyourself/vaccinations/leaflets](https://www.nhs.uk/doiyouyourself/vaccinations/leaflets)

If your child needs any immunisations please contact your GP to arrange an appointment.



Immunisation Team email:-
Immunisation.Cavuhbschoolnursing@wales.Nhs.uk

Please contact your school nurse if you wish to discuss your child's health further.



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Useful Contacts

EAST Cardiff School Nursing Team: 029 21833114

WEST Cardiff School Nursing Team: 029 21832204

VALE School Nursing Team: 01446 704114



ICAV_SNTEAM

Does your child have a medical condition e.g. Asthma, Diabetes, Eczema, Epilepsy, or a severe allergy - that may require emergency injection?

Please ensure that your child's school is informed about your child's medical condition and of any medication or treatment your child requires during the school day. The school may suggest that an individual health care plan is in place in order to support your child, this is a parental and educational responsibility. The School Nurse can support if required. For further information on these conditions visit www.nhs.uk and use the search box.

Are you concerned about your child's vision, hearing, or speech?

- A distance vision screen will be undertaken in school by the School Nursing Service.

This is the only routine vision screen in school. It is recommended that all children should have free regular eye checks with their local optometrist (optician), every year.

- A hearing test will be undertaken in school by the Audiology team.
- Referrals for speech therapy are made by your child's school. Please discuss with your child's teacher if you have any concerns with your child's speech.

Are you concerned about your child's growth e.g. short or tall stature, under or overweight?

Your child's growth (Height, weight and BMI) will be measured by the School Nursing Service. You will be informed of the results. For information on helping children to stay fit and healthy visit www.everychildwales.co.uk

Are you concerned about your child's emotional health and wellbeing or behaviour?

For helpful hints and tips for parents on promoting positive behaviour visit gov.wales/parenting-give-it-time. For details of local services and organisations that can help visit www.dewis.wales/home or www.cavayoungwellbeing.wales

Are you concerned about your child day/night time wetting or constipation?

For helpful information visit www.eric.org.uk or www.bbuk.org.uk or discuss your concern further with your School Nurse

Is your child registered with a dentist?

It is recommended that children should see a dentist at least annually. For dental health advice visit www.wales.nhs.uk/ourservices/findanhdentist/designedtosmile

Does anyone in your child's home smoke?

Free friendly support to quit smoking is available from www.helpmequit.wales Tel: 0800 085 2219