



South Warwickshire
NHS Foundation Trust

Coventry Family Health & Lifestyle Services
School Nursing

Charter Avenue School Nursing
Charter Avenue
Coventry
CV4 8DA

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Tel: 01926 495321 extension 7417
Text Parent Line: 07507329114

Dear Parents,

Your School Nursing Team visit schools each year to carry out the National Child Measurement Programme for children in reception and year 6, as well as do the Audiology screening for reception aged children. However due to the current COVID-19 restrictions we have been unable to provide these services and as yet are unsure when they will resume. As soon as we have further guidance on when they will commence we will keep you informed.

Many parents have found the tips on the change for life website at www.nhs.uk/change4life useful in helping them make changes to help their child grow healthily. Here in Coventry we offer a free healthy lifestyle programme which helps individuals and families to make real changes to their eating and exercise habits. Sessions are currently run virtually, if you would like more information then please contact us on 07852 921406.

If you have any concerns about your Childs height/weight and/or hearing you can visit your GP or contact your School Nurse on the above number.

For your information School Nursing has a website you might find useful www.healthforkids.co.uk and Chat health is a free service that enables 11-18 year olds across Coventry to send confidential SMS text messages to School Nurses who will provide impartial advice and support. The number to text is 07507 331949. This service runs from 08:30 to 17:00.

Further information can be found at www.nhs.uk and www.nhs.uk/change4life.

If you wish to undertake a BMI in your own home please follow the instructions on page 2.

Yours sincerely

Coventry Family Health and Lifestyle Services



@coventryfamilyhealthandlifestyleservice



@CoventryFHLS

What is Body-mass index (BMI) centile?

BMI centile is a good way of finding out whether a child is a healthy weight and is used by health care professionals.

By comparing your child's weight with their height, age and sex, we can tell whether they're growing as expected. This is something you may have done when your child was a baby, using the growth charts in the Personal Child Health Record.

Once your child's BMI centile has been calculated, they will be in one of four categories:

	BMI centile range
Underweight	below 2 nd BMI centile
Healthy weight	between 2 nd and 90 th BMI centile
Overweight	Between 91 st up to 97 th BMI centile
Very Overweight (doctors call this clinically obese)	At or above 98 th BMI centile

Most children should fall in the healthy weight range, with fewer than one in ten in the overweight or very overweight range.

Research shows that children who are overweight or very overweight have higher risk of ill health during childhood and in later life.

Some medical conditions or treatment that your child is receiving may mean that BMI centile is not the best way to measure for your child. Your GP or other health professional caring for your child will be able to discuss this with you.

For more information about BMI centiles, visit www.nhs.uk/tools/pages/healthyweightcalculator.aspx.