

Dear Parents/Carers,

## 10–11-year-old Health Review

School nurses play a crucial role in improving the health and wellbeing of children and young people. As part of the Healthy Child Programme, our school nursing team offers confidential advice and support to children, young people, and families. As your child will be moving to secondary school shortly, we would like to review and assess their health needs.

Please find enclosed a health questionnaire for you to complete, which will inform us of any concerns you may have regarding your child's health and wellbeing. Please return this to us using the prepaid envelope provided.

The health review also includes the offer of a review of your child's height and weight by the school nursing team. Your child's class will take part in this year's programme. Children are measured fully clothed, except for their coat and shoes, in a private space away from other pupils. We do not share your child's measurements with the school or your child.

- We use your child's name, date of birth and address to identify your child for record-keeping purposes.
- We use your child's age, gender, and date of birth to calculate their weight category using a Body Mass Indicator (BMI) calculator. We use this method as BMI continues to be the best estimation of weight related health risk at a population level. We understand the BMI is not a perfect measurement as it does not factor in muscle mass.
- Your address is required to send you your child's feedback letter; this letter will include your child's measurements and information about healthy eating and being active.

The data collected from health reviews has the potential to inform local public health priorities and support us in planning services for children and families. We collate the ages, gender, and measurements of the year 6 children and share this alongside key themes and topics identified through the health questionnaire with the Isle of Man Public Health Directorate. All data is anonymised, and no individual child or school will be identified.

### General Data Protection Regulation (GDPR)

If parents/carers have any questions in relation to their rights to privacy legislation, please contact The Data Protection Officer (DPO), Manx care via email [DPO-ManxCare@gov.im](mailto:DPO-ManxCare@gov.im) or via telephone on 650731.

**If you are happy for your child to be measured, please complete, and return the consent form in the prepaid envelope provided.**

**Further Information**  
Information and fun ideas to help your children stay healthy can be found at:

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

### Focus Group

We are aligning our 0-19 Public health Nursing Service with the revised Healthy Child Programme and are interested in receiving input from parents and carers. Please let us know if you would like to be invited in due course to join our focus group.

Yours faithfully

Julie Price

Service Lead  
0-19 Public Health Nursing Service