

13 September 2011

Dear Year 12 Parents

We would like to remind you that your daughter will be having her Health Check with the School Nurses this term. Her appointment will be scheduled sometime between 26th September – 7th October, and it will be given to her at least a week in advance.

The Health Check will consist of a general chat about any medical concerns and lifestyle and well-being issues. We will measure her height and weight and calculate her BMI centile and weight range, using the NHS Healthy Weight Calculator.

<http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx>

We feel these Health Checks are hugely beneficial for re-enforcing positive lifestyle and well-being messages, as well as to monitor their physical growth. They also provide an ideal opportunity for students to discuss any concerns they may have. The consultation will be confidential, but we will write to you with her BMI centile and weight range results.

May we ask that you contact us, if you have any concerns regarding your daughter's health or indeed the health check itself.

In order to provide you daughter with the best possible care whilst she is at school, it is essential that you keep us updated with any changes to her health, and provide us with any relevant medical letters.

Kind regards

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