

# **Health Check Policy**

**There are no legal requirements for Independent Schools to monitor their students' health or provide any health checks.**

**In the state sector, children in Reception and Year 6 are weighed and have their height measured to find their BMI percentile and weight range. This is through The National Child Measurement Programme. Appropriate advice is then given to parents.**

**Channing School has undertaken research into best practice across the independent school sector and the needs of it's own school community. As a result of this, it has been decided that the School Nurses, will carry out 'health checks' in the following way -**

## **Autumn Term**

**Year 7 and any new girls in Senior School –**

**Nurse-led health check consisting of general chat, height, weight and BMI percentile.**

**Year 12 –**

**Nurse-led health check consisting of general chat, height, weight, BMI percentile and lifestyle discussion.**

## **Spring Term**

**Reception and any new girls in Junior School**

**Nurse-led health check consisting of chat, height, weight and BMI percentile.**

**Year 9**

**Nurse-led health check consisting of general chat, height, weight, BMI percentile and lifestyle discussion.**

**Details on the formats of these Health Checks can be found in Appendix 1.**

**In addition, the nurses are available to conduct visual acuity and hearing tests for any girls identified by parents or teachers as possibly having problems.**

**BMI centiles and weight ranges are calculated using the NHS Healthy Weight Calculator at – <http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx>**

**Health Checks are performed on a voluntary basis. Parents are asked to give their consent on the Medical Questionnaire upon entry to school for these checks.**

**Parents are reminded at least a week in advance, via Parentmail, about these checks, and asked to discuss it with their daughters. They can contact the Nurses if they have any questions or if they or their daughter do not want to be part of this programme. A copy of this letter can be seen in Appendix 2, although minor additions / amendments may be made as appropriate at the time of sending.**

**Students in the Senior School are asked to make appointments for their Health Checks, the week before they are due. They have the opportunity to discuss what the health checks entail with the nurses prior to making an appointment.**

**Lifestyle discussions with students are confidential, unless there are issues of child protection. A letter with the results of height, weight, and BMI percentile will be e-mailed to parents. A copy of this letter can be seen in Appendix 3. For any child who does not fall within the 'healthy weight' range, efforts will be made to call parents prior to e-mailing the results, and the girl concerned is made aware of this.**

**Students in the Senior School are encouraged to start taking responsibility for their own health and well-being, and therefore all results will be discussed with them. Any appropriate advice will be given in a sensitive manner.**

**No results will be told to, or discussed with the students in the Junior School.**

**Mrs Tas Franklin  
Senior Nurse  
June 2017**

# Appendix I – Health Check Formats

## Year 7 (20 minute appointment)

- Introduction and role of the school nurse,
- Explain confidentiality policy,
- General chat on how they are settling into school / home life,
- Chat about healthy eating and exercise - Give advice on Eatwell Guide / fluid intake / recommended amounts of exercise.
- Go through Medical Questionnaire and discuss any issues / concerns,
- Discuss periods. Mention link between breast development and periods. Reassure if concerned that not yet started - advise normal till age 16/17 – see GP if not started by then. Encourage keeping record of cycle lengths.
- Measure height and weight and BMI using NHS Healthy Weight Calculator at <http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx> Give reassurance if required. Tell them link to this website is on letter to parents. If not in healthy range – reassure – no need for panic. Small changes. Should not be trying to lose weight – recommended to maintain weight as they grow and will eventually balance out. However, we're not experts in this field, and therefore recommend they discuss with parents and get further support from GP / Practice Nurse. We're happy to work with them and support at school as much as we can. Allow as much time as necessary to reassure.

## Year 9 (20 minute appointment)

- Explanation of process –Should be starting to take some responsibility for own health and well-being. Everything we discuss is confidential except measurements which will be sent home in letter to parents.
- How is life at home / school? Discuss any issues which may arise.
- Any medical problems / concerns? Discuss any issues which may arise. Discuss suitable websites they can look at for medical information eg. NHS Choices.
- How are your periods? Discuss any issues which may arise.
- How is your diet? Discuss any issues which may arise. Discuss healthy/ balanced meals/ portion sizes/ 5/10-a day.
- Exercise? Encourage active lifestyle and discuss links with health.
- Smoke? Alcohol intake? Drugs? Say not here to judge, just to inform and advise. Explain statistically will come across all of these at some point. Importance of being informed. Knowledge is power. Evidence shows that people who are well informed are less likely to become involved / addicted to these. Encourage reading the effects of alcohol and smoking posters in medical room / can come to us any time for further info. Show them the 'talk to frank' website and show them how to use it with an example. <http://www.talktofrank.com/>
- Any questions?
- Measurements. Measure height, weight and BMI using NHS Healthy Weight Calculator at <http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx> Give reassurance if required. Tell them link to this website on letter to parents. If not in healthy range – reassure – no need for panic. Small changes. Should not be trying to lose weight – recommended to maintain weight as they grow and will eventually balance out. However, we're not experts in this field, and therefore recommend they discuss with parents and get further support from GP / Practice Nurse. We're happy to work with them and support at school as much as we can. Allow as much time as necessary to reassure.

## Year 12 (20 minute appointment)

As with Year 9, but also includes a discussion on sexual history, safe sex and, where to get information and advice on sexual health and family planning.

## Reception

- General chat on how they are settling into school / friendships / clubs / family / any medical problems or concerns.
- Measure height, weight and BMI centile, but do not give them the results or discuss with them.

## **Appendix 2 – Health Check Letter to Parents (via Parentmail)**

**Dear Parents,**

**We would like to remind you that your daughter will be offered a Health Check with the School Nurses this half term.**

**The Health Check will consist of a general chat about any medical concerns, 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 wellbeing messages, as well as to monitor physical growth. They also provide an ideal opportunity for students to discuss any concerns or ask any questions they may have. However, they are not compulsory, and we would ask that you discuss with your daughter whether this is something that she would like to be included in. If you have any questions or do not want your daughter to have a Health Check, then please do contact us.**

**The consultation will be confidential but we will write to you with her BMI centile and weight range results.**

**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, medication and provide us with any relevant medical letters.**

**Kind regards,**

**Tas Franklin / Chantal Cooper  
School Nurses  
schoolnurse@channing.co.uk  
020 83472717**

# Appendix 3 – Health Check Results Letter to Parents

## Private and Confidential

Parent / Guardian of xxxxxxxxx

Dear Parent / Guardian,

Your daughter recently had her height and weight measured at school as part of her Health Check. Her results are shown below.

Date Measured	Date of Birth	Height	Weight	Body Mass Index Centile
xxxx	xx-xx-xxxx	xxx cm	xx kg	xxx

Your daughter's result is in the range.      xxxx

### 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 healthcare professionals. Once your daughter's BMI centile has been calculated, they will be in one of four categories:

#### BMI centile Range Underweight

Below 2<sup>nd</sup> BMI centile

#### Healthy weight

Between 2<sup>nd</sup> and 90<sup>th</sup> BMI centile

#### Overweight

Between 91<sup>st</sup> up to 97<sup>th</sup> BMI centile

#### Very Overweight (doctors call this "clinically obese" )

At or above 98<sup>th</sup> BMI centile

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

We wanted to let you know the results because it is an important way of checking how your daughter is growing.

Children of a healthy weight are more likely to grow into healthy adults. To keep growing healthily, it is important that your child eats well and is active. Being overweight can affect a child's health, with increased chances of becoming ill with problems such as high blood pressure, heart disease and cancer. Being underweight can also have an effect on health.

You can get further information by using the Healthy Weight Tool at:

[www.nhs.uk/tools/pages/healthyweightcalculator.aspx](http://www.nhs.uk/tools/pages/healthyweightcalculator.aspx)

If you would like more information / advice about your daughter's eating or activity, visit

[www.nhs/change4life](http://www.nhs/change4life) Your GP or Practise Nurse can also give you further advice / support.

Kind Regards,

Tas Franklin / Chantal Cooper

School Nurses