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**Children and Young People Public Health Service (school nursing):**

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[Dorset HealthCare :: School nursing](#)

**Dear Parent/ Carer**

## **National Child Measurement Programme (NCMP)**

### **Height and weight checks for children in Reception Year**

#### **What is the NCMP?**

Each year in England, school children in Reception and Year 6 have their height and weight checked at school as part of the National Child Measurement Programme. Height and weight measurements are used to calculate weight status.

You can find further information about the NCMP at [The National Child Measurement Programme](#) NHS webpage, in this [NCMP process animation](#).

Your child's class will take part in this year's programme.

The checks are carried out by registered school nurses or trained health care providers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

You can find information and fun ideas to help your kids stay healthy at the NHS Better Health: healthier families webpage [Easy ways to eat well and move more](#).

Information about talking to your child about healthy weight is available at [Talking to your child about weight: a guide for parents and caregivers of children aged 4-11 years \(bath.ac.uk\)](#) and [Talking to your child about weight video](#).

## **The information we collect and why we do**



Your child's height, weight, date of measurement, sex and date of birth are used to calculate your child's weight category (also known as body mass index, or BMI).

Your child's name, date of birth and NHS Number are used to link your child's measurements in reception and year 6.



Other data sets held by NHS England and Department of Health and Social Care (DHSC) may also be linked to allow information from health and education records to be added, where lawful to do so. This helps understand how and why the weight of children is changing, and how this affects children's health and education and how the care children receive can be improved. These other data sets may include your child's health data relating to:

- their birth
- hospital care (including time in hospital and out-patient appointments and diagnosis of medical conditions)
- mental health
- social care
- primary care (including all healthcare outside of hospital, such as GP and dental appointments)
- public health (including data relating to preventing ill health, such as immunisation records)
- records for when and the reason why people pass away
- medical conditions, such as cancer and diabetes
- health, lifestyle and wellbeing surveys that your child has participated in

Your child's ethnicity and address are used to help understand some of the reasons for the difference and changes in child weight across England.



**All this information is treated confidentially and held securely.**

## Maintaining the wellbeing of children in the NCMP

The wellbeing of children and families is very important. Measurements are conducted in a sensitive way, in private and away from other children.

The emotional impact of the NCMP has been researched and studies show that there are no negative changes as a result of being measured or receiving feedback.

**No individual measurements will be given to school staff or other children.**

Feedback to some measurements is provided to parents and carers. There are no judgements made and it is recognised that children and young people are constantly changing, including their size and shape as they grow.

Managing active, healthy lifestyles can be tricky and weight can change due to many different lifestyle choices or individual circumstances. The feedback offered to parents and carers is the opportunity to have an informal chat to identify the possible reasons for their child's result, which is followed by best suited support and guidance to the child and family.

## How you will receive feedback after your child is measured and where to find support

It is important to us that after the measurement, you have opportunity to discuss your child's result and find the right support for you and your child.

If you do not receive feedback but have any questions you wish to ask regarding your child's health, including lifestyle, please do contact your Children and Young People Public Health Service for support on the number at the top of this letter.

You are welcome to contact the Children and Young People Public Health Service or your family GP for support at any point if you are concerned about your child's weight, you do not have to wait for the measurements to be completed or to receive feedback from a measurement result.

Your child's measurements and feedback **will not** be shared with your child's teacher or school.

Your child's measurements and feedback **will not** be shared with your child on the day the measurements are taken.

If your child is identified as being below or above the expected weight range for their age, sex and height you will receive a feedback letter in your ordinary postal service addressed to you as a parent or carer. **It is for you to decide if it is appropriate to share this result with your child.**

**A member of the Children and Young People Public Health Service team will follow-up the feedback letter with a phone call to offer any further advise or answer any questions you may have.**

## How the data is used

All the data collected is also used for research and planning to improve health, care and services.

All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.

The information collected from all schools in the area will be gathered together and held securely by our **Children and Young People Public Health Service providers, Dorset HealthCare (DHC)**. We will store your child's information as part of the local child health record on the NHS's child health information database.

We will send all the information collected about your child to NHS England. NHS England is responsible for collecting data and information about health and care so that it can be used to monitor and improve the care provided to people across England.

The information collected about your child will also be shared by NHS England with the Office for Health Improvement and Disparities (OHID) which is part of DHSC but in a de-personalised form only. This means OHID will not be able to identify your child.

Both NHS England and OHID will use the information from the NCMP to better understand numbers and trends in child weight and BMI. This helps to plan services to support healthy lifestyles in your area. No information will ever be published by NHS England or OHID that identifies your child. NHS England uses the data to produce [National Child Measurement Programme statistics reports](#) showing trends at national and local level.

De-personalised information from the NCMP may also be shared by NHS England with other organisations, such as universities. This is to help improve health, care and services through research and planning. This information cannot be used to identify your child. NHS England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.

You can find information about how NHS England and DHSC collect and use information at:

- NHS England's [How we look after your health and care information](#) webpage
- the DHSC [Personal information charter](#) webpage

You can find information about the organisations NHS England has shared information from the NCMP at NHS England's [National Child Measurement Programme](#) webpage.

## **Withdrawing your child from the National Child Measurement Programme**

**✓ If you are happy for your child to be measured, you do not need to do anything.**

**Please inform your child's school as soon as possible** after reading this letter:

- **if you do not want** the height and weight of your child to be checked
- if your child has a medical condition that affects their height or weight or taking part in the measurements

**Children will not be made to take part on the day if they do not want to.**

The Children and Young People Public Health Service will also be working with schools in promoting healthy lifestyles, which may include additional activities for children and families. Look out at your school for any activities or signposting during term and holiday time.

Another way to help maintain a balanced diet and physical activity for your family is the **NHS Healthy Steps email programme**. Sign up for the 8-week **Healthy Steps** emails and you will be sent lots of low-cost easy tips, fun games, healthy swaps and tasty recipes on a budget.



Scan the QR code or visit  
[Healthy Steps - Step this way](#)

Support and advice for **adult healthy lifestyle and behaviour change** can be found at  
<https://www.livewelldorset.co.uk/>

Yours faithfully



**Sam Crowe**

**Director of Public Health for  
Dorset Council and  
Bournemouth, Christchurch & Poole Council**



**Cathi Hadley**

**Director of Children's Services  
Bournemouth, Christchurch & Poole Council**