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## **Height and Weight Measurements for Children in Reception and Year 6**

**Academic Year: 2024/25**

Dear Parent/Carer,

### **The National Child Measurement Programme (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 (NCMP). Your child's class will take part in this year's programme.

Helping children to achieve and maintain a healthy weight is a national and local priority. This programme can help to identify where additional support could be offered to families.

### **How is the NCMP delivered?**

The measurements are carried out sensitively, by the Hampshire Public Health NHS School Nursing service. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. The wellbeing of children is very important, and the programme will be delivered in line with local guidance.

Individual results are not shared with your child or their school. The weight and height information is shared only with you, via a parent feedback letter which will include signposting to relevant information, advice, and support. It is your choice to share or not share the information with your child. Further information on the data is included in this letter.

*Director of Adults' Health and Care*  
**Jess Hutchinson**

*Chief Executive*  
**Carolyn Williamson**

Your local Public Health NHS School Nursing team is available for advice and support about your child's weight, growth, body image, and eating patterns: [healthforkids.co.uk/hampshire/school-nurses](http://healthforkids.co.uk/hampshire/school-nurses). More information is available at [hampshirehealthyfamilies.org.uk](http://hampshirehealthyfamilies.org.uk).

If you are happy for your child to be measured, you do not need to do anything. Children will not be made to take part on the day if they do not want to.

If you **do not want** your child's height and weight to be measured, or your child has a medical condition (or is receiving any treatment) that affects their height or weight and you would prefer they were not measured, please let us know by writing a letter to your Head Teacher within two weeks of receiving this letter.

Thank you for your support.

Yours sincerely,



**Simon Bryant FFPH**  
Director of Public Health



**Stuart Ashley**  
Director of Children's Services

## Your child's data

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 centile ([BMI centile](#)). It is important to note that this is different to adult BMI, more information can be found [here](#). 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, 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.

## 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 your child, school staff or other children.

The information collected from all schools in the area will be gathered together and held securely by Southern Health NHS Foundation Trust (the provider of the Hampshire Public Health NHS School Nursing service and the NHS Child Health Information Service) and Hampshire County Council. We will store your child's information as part of their local child health record.

*Director of Adults' Health and Care*  
**Jess Hutchinson**

*Chief Executive*  
**Carolyn Williamson**

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 centile. 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.

### **Further information**

More information about this programme is included in the attached leaflet 'School Height and Weight Measurements'.

Further information about the National Child Measurement Programme can be found here: [nhs.uk/live-well/healthy-weight/national-child-measurement-programme](https://nhs.uk/live-well/healthy-weight/national-child-measurement-programme)

The Hampshire Public Health NHS School Nursing service provides additional information and advice at [hampshirehealthyfamilies.org.uk](https://hampshirehealthyfamilies.org.uk) and [healthforkids.co.uk](https://healthforkids.co.uk)

More information and ideas to help your children stay healthy can be found at [nhs.uk/healthier-families](https://nhs.uk/healthier-families) including the new 8-week NHS Healthy Steps programme at [healthysteps.uk](https://healthysteps.uk)

## Privacy information

Information about how Public Health at Hampshire County Council collect and use information can be found here: [www.hants.gov.uk/aboutthecouncil/privacy/adult-social-care-health/public-health](http://www.hants.gov.uk/aboutthecouncil/privacy/adult-social-care-health/public-health)

Information about how the Hampshire Public Health NHS School Nursing service collect and use information can be found here: [southernhealth.nhs.uk/privacy-notice](http://southernhealth.nhs.uk/privacy-notice)

Information about how NHS England and DHSC collect and use information can be found at:

- NHS England's How we look after your health and care information: [digital.nhs.uk/about-nhs-digital/our-work/keeping-patient-data-safe/how-we-look-after-your-health-and-care-information](http://digital.nhs.uk/about-nhs-digital/our-work/keeping-patient-data-safe/how-we-look-after-your-health-and-care-information), and
- The DHSC Personal information charter: <https://www.gov.uk/government/organisations/department-of-health-and-social-care/about/personal-information-charter>

Information about the organisations NHS England has shared NCMP information with can be found here: [digital.nhs.uk/services/national-child-measurement-programme](http://digital.nhs.uk/services/national-child-measurement-programme)