


To all Parents / Carers of Reception and Year 6 Pupils

Date: 4 September 2024

Dear Parent / Carer,

 0151 934 3151

 Public.Health@sefton.gov.uk

Height and weight checks for children in Reception and Year 6

Every 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). Height and weight measurements are used to calculate weight status. We collect this information to build a picture of how children are growing to help plan better health and leisure services for families. 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.

Maintaining the well-being of children in the NCMP

The wellbeing of children and families is very important and as such measurements are conducted in a sensitive way. **Individual results are not shared with your child or their school.** If your child is measuring outside of their expected weight range for their age, sex and height, the results will be shared with you via a feedback letter, or in some instances a follow up phone call. These results will be shared only with you, it is your choice if you share the information with your child.

If you are concerned about your child's growth, weight, body image or eating patterns, please seek further support from your School Nurse or GP.

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.** If you do not want your child's height and weight to be measured, or your child has a medical condition that affects their height or weight, please let us know by contacting the **School Nursing Team** on **0151 247 6354**.

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

Please find below supplementary information that gives more information on the NCMP, in addition to how data will be stored and used.

Yours sincerely,



Margaret Jones
Director of Public Health
Sefton Council



Nadine Carroll
Assistant Director of Education
Sefton Council

Supplementary information:

The information we collect and what it is used for is listed below:

- your child's date of measurement, sex and date of birth are used to calculate your child's weight category
- 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, may also be linked to allow the addition of information from health and education records, where lawful to do so, to 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. This includes 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 - includes 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, 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
- your address is required to send you your child's feedback letter. This will include your child's measurements together with information about healthy eating, being active and related activities available in your area.
- your email address and telephone number are required as we may contact you by email or telephone to discuss your child's feedback/ send you your child's feedback letter by email/ offer you further support following your child's height and weight measurement

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 Sefton Metropolitan Borough Council. We will store your child's information as part of the local child health record on the NHS's child health information database and share it with the child's GP.

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.

How your child's data is collected and processed as part of the National Child Measurement Programme (NCMP)

Local authorities have a legal duty to collect the NCMP data. They do this by following guidance from the Office for Health Improvement and Disparities (OHID), part of the Department of Health and Social Care (DHSC).

Local authorities are responsible for making decisions on how the data is collected and for making sure it is protected. Local NCMP service providers are contracted to carry this out; this might be through the school nursing team working in schools or a local healthcare provider. The team collecting the data enter it into the NCMP IT system, which is provided by NHS England. The data may also be entered into a local child health information system.

Your local authority is responsible for sending the data to NHS England. NHS England and OHID are jointly responsible for the data held at a national level. Your local authority is responsible for the data held locally.

Further information:

Further information about the National Child Measurement Programme can be found at:
<https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>

A video explaining the National Child Measurement process can be found at:
<https://www.youtube.com/watch?v=7W771420z9g>

Information and fun ideas to help your kids stay healthy can be found at:
<https://www.nhs.uk/healthier-families/>

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 healthysteps.uk to sign up.



If you do choose to talk to your child about weight there is a talking to your child about weight toolkit to support you with this: <https://www.bath.ac.uk/publications/talking-to-your-child-about-weight-a-guide-for-parents-and-caregivers-of-children-aged-4-11-years/attachments/talking-to-children-about-weight-guide.pdf>

Information about how we Sefton Council and Merseycare NHS Foundation Trust School Nursing Team collect and use information can be found at:
<https://www.sefton.gov.uk/media/1632/privacy-notice-for-public-health-services-v21.pdf>
<https://www.merseycare.nhs.uk/about-us/privacy/privacy-statement>.

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:
<https://digital.nhs.uk/data-and-information/keeping-data-safe-and-benefitting-the-public/how-we-look-after-your-health-and-care-information>
- the DHSC Personal information charter webpage:
<https://www.gov.uk/government/organisations/department-of-health-and-social-care/about/personal-information-charter>

Information about the organisations NHS Digital has shared information from the National Child Measurement Programme can be found at
<https://digital.nhs.uk/services/national-child-measurement-programme>