

January 2023

Dear Parent / Carer

Height and weight checks for children in Reception and Year 6

Every year in England, children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP). The programme helps to monitor children's health and wellbeing. Your child's class will take part in this year's measurement programme. The measurements will be carried out by trained public health nursing staff at school in a private space away from other pupils. Children will be measured fully clothed except for their coats and shoes. If you are happy for your child to be measured, you do not need to do anything. Research tells us that most parents and carers have no objection to their child being measured.

Your child's results

Your child's results will be sent to you by letter if your child is underweight or very overweight. If your child's measurements are within another category and you would like to receive them please send an email to SouthSomersetSN@somerset.gov.uk providing the following information: your child's full name, their date of birth, their school year (i.e. Reception or Year 6) and the school they attend. You will also need to provide your name and a telephone contact number. You can also use this email address to request to speak to a school nurse in confidence about your child's height or weight. Results are available six weeks after measuring.

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 Digital and Department of Health and Social Care, may also be linked as this would let us add 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 we can improve the care children receive. 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.

All the data collected is also used for improving health, care and services through research and planning. All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.

How the data is used

The information collected from all schools in the area will be gathered together and held securely by Somerset County Council. We will store your child's information as part of their local child health record on the NHS's child health information database. All the information collected about your child will be sent by us to NHS Digital. NHS Digital is responsible for collecting data and information about health and care so that this 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 Digital with the Office for Health Improvement and Disparities (OHID) which is part of the Department of Health and Social Care (DHSC) but in a de-personalised form only. This means OHID will not be able to identify your child. OHID focuses on improving the nation's health so that everyone can expect to live more of life in good health, and on levelling up health disparities to break the link between background and prospects for a healthy life.

Both NHS Digital and the Office for Health Improvement and Disparities (DHSC) will use the information from the National Child Measurement Programme to better understand numbers and trends in child weight and body mass index (BMI). This helps with the planning of services to support healthy lifestyles in your area. No information will ever be published by NHS Digital or the Office for Health Improvement and Disparities (DHSC) that identifies your child. De-personalised information from the National Child Measurement Programme may also be shared by NHS Digital 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, and NHS Digital only ever shares information for research with the approval of an independent group of experts.

Withdrawing your child from the National Child Measurement Programme

If you **do not** want your child to participate, please complete and return the form at the end of this letter and your child will not be measured. Children will not be made to take part on the day if they do not want to.

For further information about the National Child Measurement Programme including the National Child Measurement Programme Factsheet for Parents, go to our Public Health website at: https://cypsomersethealth.org/?ks=1&page=f2f_ph_ncmp or contact your child’s school.

Yours sincerely

Claire Winter
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Director of Public Health / Visiting Professor UWE
Somerset County Council



OPTING YOUR CHILD OUT OF THE NATIONAL CHILD MEASUREMENT PROGRAMME



Please complete and return this form to your child’s school office if you **do not want your child to participate**.

I do not wish for my child to be weighed and measured.

Child’s name: _____ Year: _____ Class: _____

Child’s school: _____

Reason for opting out (please tick):

- My child has a health issue which affects their weight
- My child is overweight / underweight, and I would prefer they were not measured at school, but I would like some information about healthy weight
- I do not wish to say

Any other comments: _____

Parent/Carer’s name: _____ Signature: _____

Please return this form to your child’s school office