

Families Health and Wellbeing Service (0-19)
EAST HUB
Barton Health Centre
Short Lane
Barton-under-Needwood
DE13 8LT

Telephone 0300 303 3924

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. Height and weight measurements are used to calculate weight status. We collect this information because it is in the public interest to understand how many children are overweight, healthy weight or underweight. 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.

The programme will be delivered in a COVID-safe way, in line with the school and local authority's safety control measures. We have processes in place that make sure we follow strict national guidelines regarding hand hygiene (washing of hands, alcohol gel use, as well as PPE use and social distancing where possible). All of our staff follow strict guidelines to make sure they are safe and well when they are in and out of work. We follow these processes to protect both our staff and you and your children; keeping everyone as safe as possible and minimising any risks.

Maintaining the well-being 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. Individual results are not shared with your child or their school. The weight and height information is shared only with you in the parent or carer feedback letter. 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, seek further support from our Families' Health and Wellbeing 0-19 Service by calling the Hub on 0300 303 3924 or texting our parent's ChatHealth service on 07520 615 722 or through your General Practitioner.

The emotional impact of the NCMP has been researched and studies show that body image, self-esteem, weight-related teasing and restrictive eating behaviours do not change as a result of being measured or receiving feedback.

The information we collect and what it is used for:

- 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. 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, 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.
- 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 telephone number is 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.

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 Midlands Partnership NHS Foundation Trust. 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 Public Health England but in a de-personalised form only. This means Public Health England will not be able to identify your child. Public Health England is responsible for working to protect and improve the nation's health.

Both NHS Digital and Public Health England 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 Public Health England 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 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 checked, or your child has a medical condition that affects their height or weight, please let us know by completing an 'opt out' form. These are located in your Schools Reception.

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

Local Support Information

If you do not want your child's height and weight to be measured as part of the programme, information and support is still available via:

- The 0-19 Families Health and Wellbeing Service pages on the [MPFT website](#).
- The 0-19 Families Health and Wellbeing Hub - a skilled and knowledgeable team of School Nurses, Health Visitors and Nursery Nurses can provide information, advice, support and guidance. The Hub is available 9am-5pm Monday to Friday on 0300 303 3924
- ChatHealth texting service - If you prefer, you can text the confidential parent's text service on 07520 615 722. The ChatHealth service is available Monday to Friday between 9am-5pm, including school holidays but excluding bank holidays. If you send a text message outside of these hours, you will receive an automated message

explaining that our School Nurses or Health Visitors will reply when the service reopens. Texts are charged at your normal network rate.

You can also find a range of activities in your area through visiting [Staffordshire Connects](#). This includes information of activities, groups and clubs in your area.

You could visit your local parks which are great places for you and your family to take a walk, have fun, enjoy nature and get active. Visit [Staffordshire County Council website for a full list of country parks](#).

Your child could be referred to Time 4 Wellbeing which is a free weight management service to help children and their families achieve and maintain a healthier weight. There are a number of types of programs offered including one to ones, groups, digital support and even sessions delivered during school holidays. Please visit the website [Time4SportUK](#) or call 01782 40 96 77 or 07707 275 409 for further details.



Further information

- Further information about the National Child Measurement Programme can be found on the [NHS Website](#).
- Information and fun ideas to help your kids stay healthy can be found on the [Change4Life website](#).
- Information about how Midlands Partnership NHS Foundation Trust collect and use information can be found on the [Information Governance](#) pages of our website.
- Information about how information is collected and used can be found on the [NHS Digital](#) and [Public Health England](#) websites.
- Information about the organisations NHS Digital has shared information from the National Child Measurement Programme can be found on their [National Child Measurement Programme](#) webpages.

Yours faithfully,

K Coker

Karen Coker
Senior Commissioning Manager

A handwritten signature in black ink, appearing to read 'Kate Cox', is positioned above the printed name.

Kate Cox
Children's Lead Manager Universal Service
Children and Families Care Group MPFT.

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 Public Health England. 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 Digital. The data may also be entered into a local child health information system. Your local authority is responsible for sending the data to NHS Digital. NHS Digital and Public Health England are jointly responsible for the data held at a national level. Your local authority is responsible for the data held locally.

The chart below displays what happens to your child's data as part of the NCMP.

