

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). These measurements are used to check they're in the healthy weight range. Your child's class will take part in this year's programme starting in September 2023.

Find out more about the National Child Measurement Programme: <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>

What happens in the child measurement programme?

The checks are carried out by members of the Healthy Family's Team. 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 safe way in line with safety control measures for schools and healthcare.

The wellbeing of children and families is very important. Measurements are conducted sensitively, and your child's results will not be shared with teachers or other children. It is your choice if you share the information with your child.

How do I find out my child's results?

You will not be notified of your child's measurement if your child is in the healthy weight category. If your child is underweight or above healthy weight, you will receive a letter with your child's results. The weight and height information are shared only with you.

This letter will include your child's measurements together with information about healthy eating, being active and related activities available in your area.

Why do we need to take the measurements?

We collect this information because it is in the public interest to understand how many children overweight, healthy weight are or underweight. By comparing your child's weight with their age, height, and sex, we can tell whether they're growing as expected. Your child's ethnicity and address are used to help understand some of the reasons for differences in child weight across England.

We can use your child's NHS number to link their measurements in Reception and Year 6. We can also use other data to understand how and why a child's weight may be changing, how this affects their health and education and how we can improve the care they receive.

This data includes:

- 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

All the data collected is also used for improving health, care and services through research and planning. The information is treated confidentially and held securely.

Withdrawing your child from the National Child Measurement Programme

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.

If you do not want your child to take part, or your child has a medical condition that affects their height or weight, please write in confidence to the school marking the envelope – for the attention of the Healthy Families Team and NCMP within 10 days of receiving this letter. You will need to include your child 's name, date of birth, class, school and reasons for opting out. Children will not be made to take part on the day if they do not want to.

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

Where can I get help?

If you have any concerns with your child's growth, the Healthy Families Team is there for help and advice. **Please TELEPHONE: 03001235436 or TEXT: 07520619919**

FAB Families is a FREE service in Nottinghamshire designed to help you and your family with food, exercise, and lifestyle changes. If you are interested in getting some support, **please text FAMILY to 62277, call 0115 772 2515 or scan this QR code** for more information and a member of the team will be happy to talk you through the options available. You can also follow the @yhywnotts Facebook page for healthy tips, exercise videos and much more.



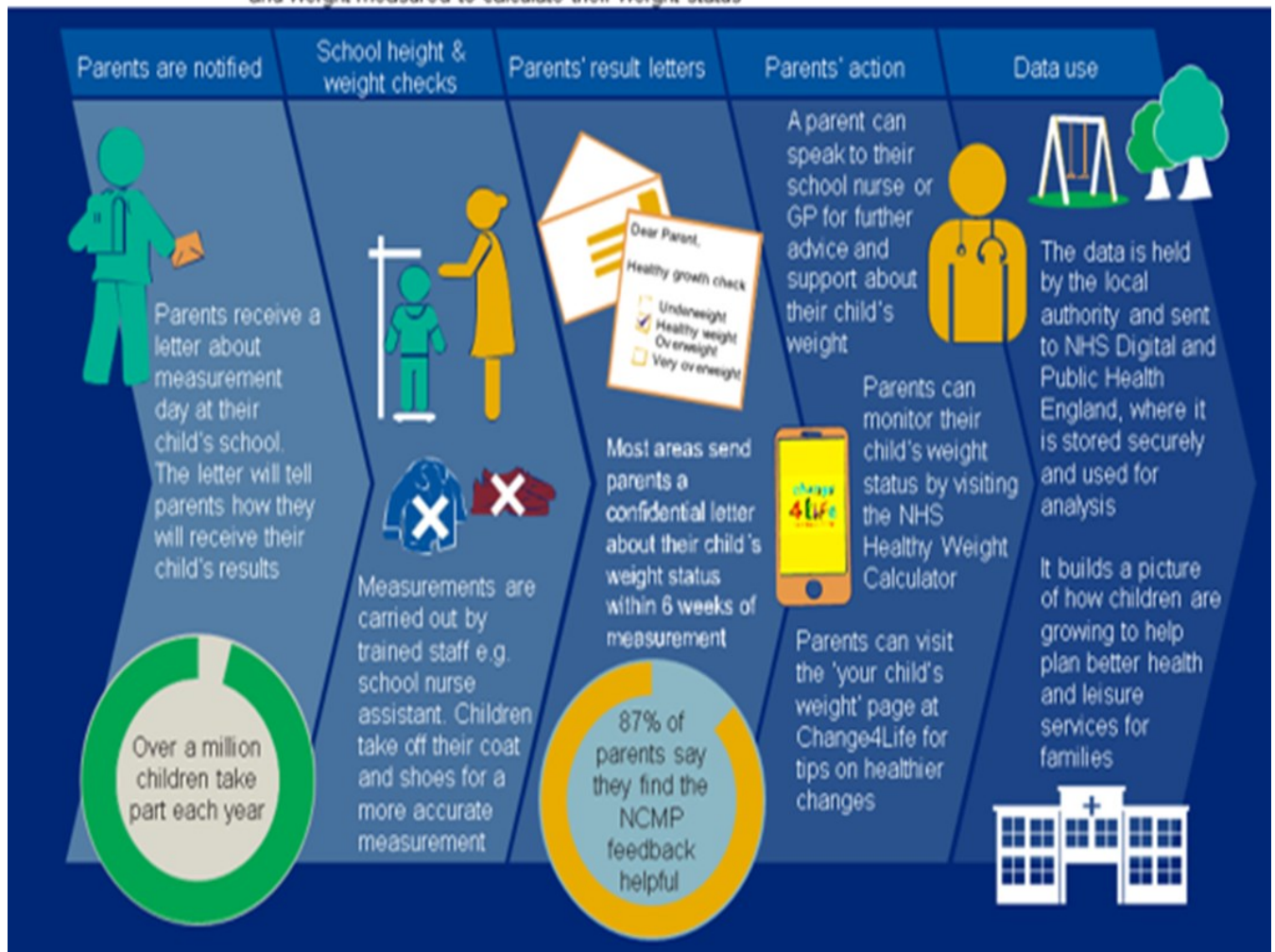
Yours faithfully

Jonathan Gribbin
Director of Public Health
Nottinghamshire County Council

Colin Pettigrew
Corporate Director for Children and
Families Services
Nottinghamshire County Council

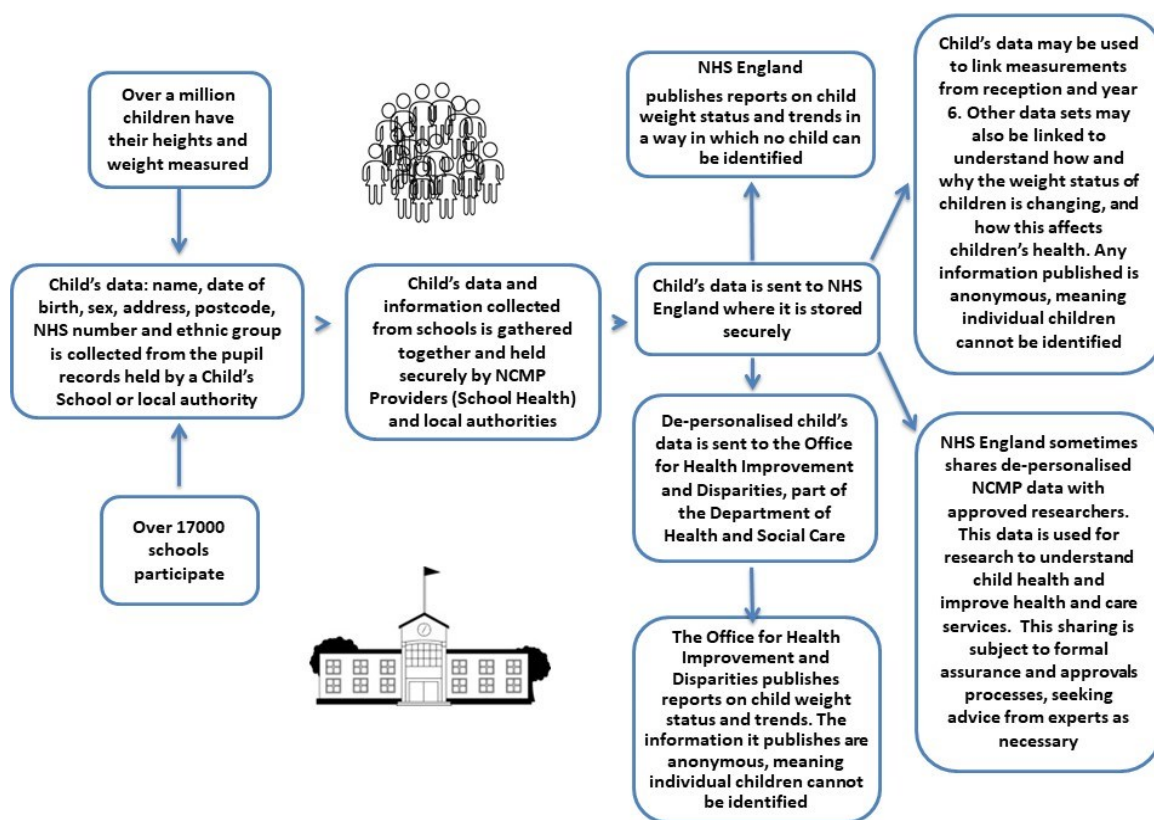
What is the National Child Measurement Programme? An overview of the process

Every year in England, in Reception (aged 4-5) and Year 6 (aged 10-11) children have their height and weight measured to calculate their weight status



Appendix A: Further Details about how your child’s information is collected and used.

Nottinghamshire County Council (Local authority) have a legal duty to collect the NCMP data. They do this by following guidance from the Office for Health Improvement and Disparities 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, Nottinghamshire Healthcare Foundation Trust are contracted to carry this out; this might be through the Healthy Family’s team working in schools. 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. Nottinghamshire County Council is responsible for sending the data to NHS England. NHS England and the Office for Health Improvement and Disparities 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 www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme

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.



Information about how NHS Digital and Public Health England collect and use information can be found at <https://digital.nhs.uk/about-nhs-digital/our-work/keeping-patient-data-safe/how-we-look-after-your-health-and-care-information> and <https://www.gov.uk/government/organisations/public-health-england/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>