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September 2024

## Height and weight checks for children in Reception and Year 6

Dear Parent/Carer,

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). Local authorities have a legal duty to collect the NCMP data. We collect this information because it is in the public interest to understand how many children are at a healthy weight. 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, only removing coats and shoes.

### **Maintaining the well-being of children in the NCMP**

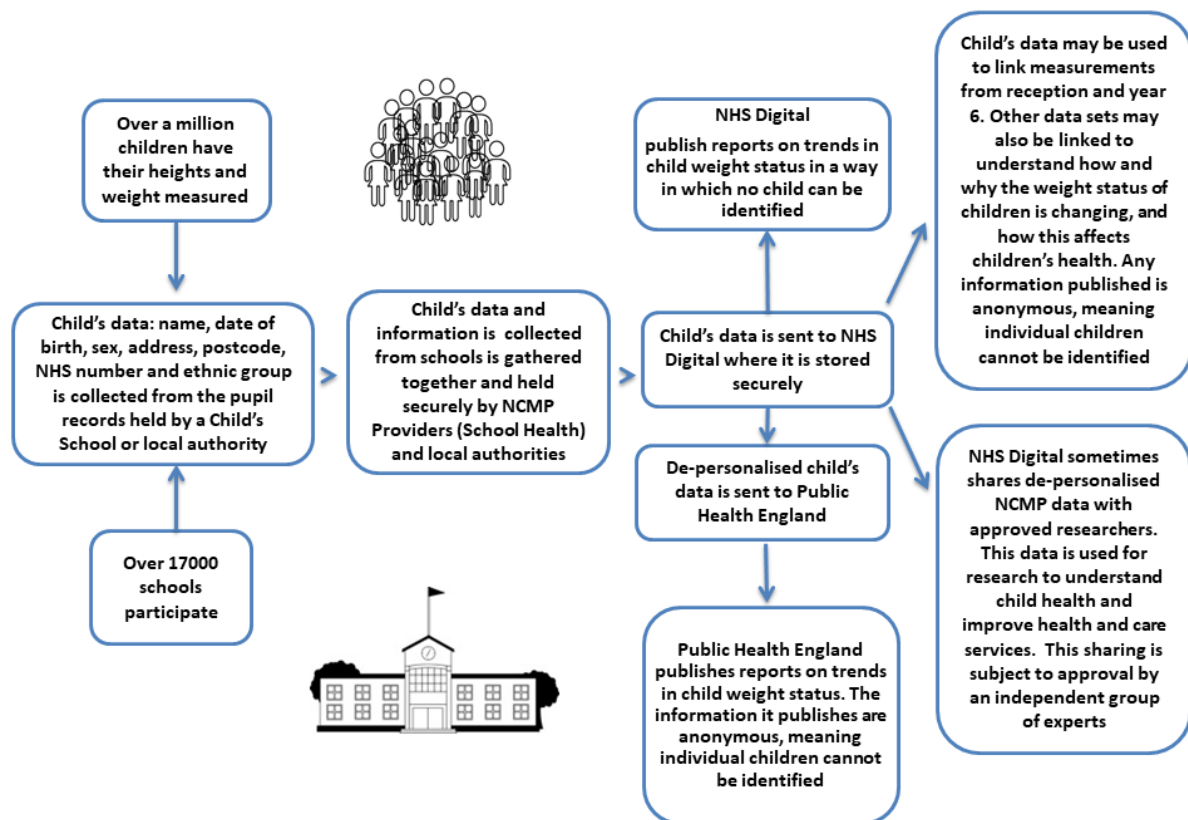
The wellbeing of children and families is very important. Measurements are confidential and conducted in a sensitive way, in private and away from other children. Individual results are not shared with your child or their school. Your child's weight and height information is only shared with you as the parent or carer in the results letter. There will also be some links and videos to help you to understand to your child's weight. It is your choice if you share the information with your child, and there is a link to a leaflet to help with this. In order to ensure children have support, other family members may also want to engage in healthy lifestyle programmes as adults, and links will also be provided. If you are concerned about your child's growth, weight, body image or eating patterns, please contact Southend School Nurses on 01702 534843.

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

## 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. You can withdraw your child from the programme by completing the form on School Screener online web portal or contacting the School Nursing Team on 01702 534843.

## The information we collect and how it is used:



## Further information:

You can watch a supporting video explaining the NCMP process here:



[https://youtu.be/7W771420z9g?si=dXRr\\_tArCPUSwKn0](https://youtu.be/7W771420z9g?si=dXRr_tArCPUSwKn0)

## Links

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

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

Information for adult healthy lifestyle support

[Home - Everyone Health Southend-on-Sea](#)

Information about how we at Southend City Council collect and use information can be found on the Southend-on-Sea City Council Website.

Information about how NHS Digital and OHID 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>

Yours faithfully,



Krishna Ramkhelawon  
Director of Public Health