

September 2023

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sirona.communications@nhs.net

Dear Parent/Carer

Height and weight checks for children in year 6

It is important to have a good understanding of how children are growing, so that the best possible advice and support can be provided for them and their families. Every year in England, children in Reception and Year 6 have their height and weight measured 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 measurement programme.

The measurements will be carried out in school by trained School Nursing staff who will ensure that the measurements are conducted sensitively. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. Children must be physically able to stand to be weighed and measured unaided and any pupils who are unable to do so are not required to participate. All measurements will be delivered in a safe way, in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

Maintaining the well-being of children in the NCMP

The wellbeing of children and families is very important. 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. Measurements are conducted in a sensitive way, in private and away from other children. If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from the School Nursing Service or your GP.

Results

Individual results are not shared with your child or their school. The weight and height information is shared only with you in the parent/carers feedback letter you will receive by post. It is your choice if you share the information with your child. However, you may want to discuss any results that may impact

on your child's learning with their class teacher. The information you receive will give an indication of what the weight range is for your child for their age and height at the time of measuring. We anticipate that the results letter will be available to you within two months of your child being weighed and measured. Please ensure that the school have your accurate postal address as we will use this to send you your child's feedback letter.

Withdrawing your child from height and weight measurements

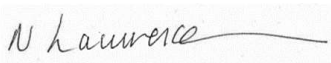
If you are happy for your child to be weighed and measured, you do not need to do anything.

If you do not want your child to take part, or your child has a medical condition that affects their height and weight please complete the attached form **and return it to your child's class teacher**.

Children will not be made to take part if they do not want to, however we do hope that all pupils in Year 6 will be weighed and measured. If your child is absent on the specific day, the School Health Nursing Service may revisit the school at a later date to weigh and measure your child, alternatively we would encourage you to have a go at measuring your child using the [NHS BMI Calculator](#).

We look forward to your support as we undertake this important work over the coming months. If you need any further information or have any concerns about how we will look after your child's personal information, please do not hesitate to contact us.

Yours faithfully



Nikki Lawrence
Head of Children's Public Health Nursing (BNSSG)
Community Children's Health Partnership
Sirona Care and Health CIC



Sarah Godsell
Public Health Strategic Lead - Healthy Foundations
Public Health & Wellbeing Division
South Gloucestershire Council

Further information

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

- your child's height, weight, 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.

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 by us in accordance with data protection procedures. 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 the South Gloucestershire public health team for a minimum of 20 years. We will store your child's information as part of their local child health record on the NHS's child health information database. We will share your child's information with the School Health Nursing Service and GP if required for the provision of healthcare and treatment. No individual measurements will be given to school staff or other children, and all information will be treated confidentially.

All the information collected about your child will be sent by us to NHS England. NHS England 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 England 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 England and OHID will use the information from the NCMP 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 England or OHID that identifies your child. NHS England use the data to produce [National Child Measurement Programme statistics reports](#) showing trends at national and local community 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, and NHS England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.

The programme's data are used within the local authority and NHS to help plan the provision of services and advice to support healthy weight and lifestyles in the area. The information is also submitted for national analysis and publication in a way that means individual children cannot be identified.

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 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 we, South Gloucestershire Council collect, store and use personal information can be found at www.southglos.gov.uk/privacy

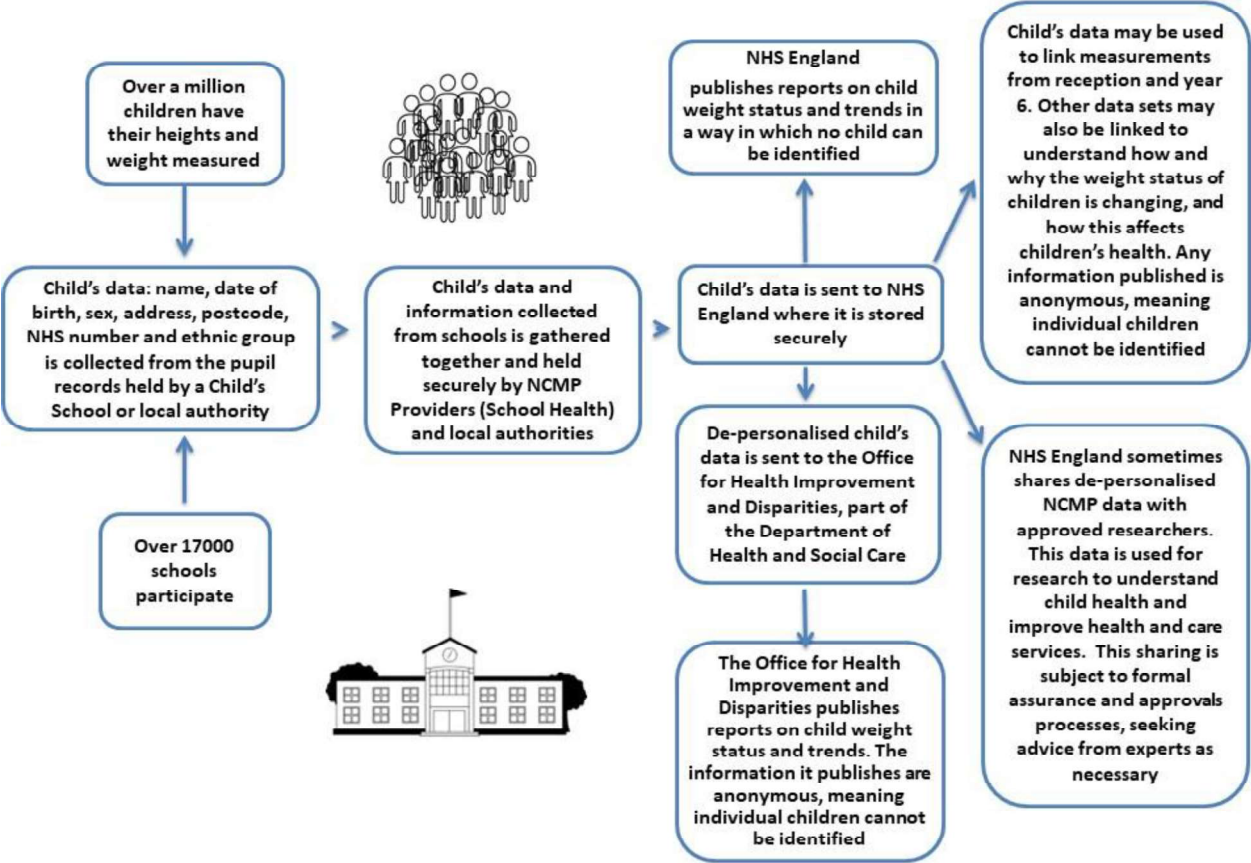
Information about how NHS England and Office for Health Improvement and Disparities collect and use information can be found at <https://digital.nhs.uk/about-nhs-digital/our-work/keeping-patient-data-safe/how-we-look-after-your-health-and-care-information> and <https://www.gov.uk/government/organisations/department-of-health-and-social-care/about/personal-information-charter>

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

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 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 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.

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



Withdrawal Form: National Child Measurement Programme

Withdrawing your child from the National Child Measurement Programme.

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

If you **do not want your child to take part**, please fill in the form below and return it to your child's class teacher.

If you are unable to print a copy of this form please contact the school office where you will be able to obtain a paper copy.

If your child then moves to a different school during year 6 please ensure that you inform the new school if you do not want your child to take part.

I do not wish my child to be weighed and measured for the National Child Measurement Programme.

Child's Name:

Date of birth: **Male/Female (delete as appropriate)**

Address:

Postcode:..... **School:**

This form needs to be signed by a person with legal parental responsibility for this child and returned to school.

Print name: **Sign name:**

Relationship to child: **Date:**

This form needs to be signed by a person with legal parental responsibility for this child. Please return to your **child's class teacher** as soon as possible.

Please contact your School Nursing team if you wish to discuss this form or any aspect of your child's health.