

Dear parent / carer

Height and weight checks for children in Foundation 2 and Year 6

Each year in England, school children in Foundation 2 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, a healthy weight or underweight. Your child's class will take part in this year's programme.

[NCMP_PDF_FinalV3_Digital \(windows.net\)](#)

The checks are carried out by trained health care providers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

Once completed, we will send you your child's measurements together with information about healthy eating, being active and related activities available in your area

Maintaining the wellbeing 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 height and weight 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.

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 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, 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, 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 email address and telephone number are 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.

The information collected from all schools in the area will be gathered together and held securely by our Local Authority Public Health Team. We will store your child's information on their local child health record. No individual measurements will be given to school staff or other children, and all information will be treated confidentially.



Wirral Community Health and Care
NHS Foundation Trust
 Chair: Professor Michael Brown CBE DL
 Chief Executive: Karen Howell

All the information collected about your child will be sent by us to NHS Digital. NHS Digital is responsible for collecting health and care information to check how the NHS and social care services are doing, and to use this to 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.

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, please let us know by contacting the **0-19 health and wellbeing service on 0151 514 2510** within 10 working days. (Please note if you wish to withdraw from the programme at **both reception and year 6**, a withdrawal of consent is required **at both time points**)

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

Further information

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/change4life>

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>

Yours sincerely

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