

Dear parent/carer

This letter sets out some important information about your child having their height and weight measured as part of the National Child Measurement Programme (NCMP).

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. This is called the National Child Measurement Programme (NCMP). The checks are carried out by registered school nurses or trained health and care providers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. You can watch the [NCMP process animation](#). The animation explains the process of the NCMP and why it is important. It will guide you through what it involves, how your child's data is collected and processed and what it will be used for.

The checks are carried out sensitively and the programme 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.

If your child's results suggest that they are underweight or overweight, we will try to contact you to discuss how we can help.

If you are concerned about your child's growth, weight, body image or eating patterns, you can seek further support from the Healthy Futures Calderdale school nursing team on **0300 304 5555**.

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 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.

Why do we need to measure children?

Children's height and weight measurements are collected to build an understanding of how children are growing. The information from the NCMP is used by local councils and the NHS to plan the provision of health and leisure services for families to promote healthier growth in children.

Withdrawing your child from the NCMP

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 within seven days of receipt of this letter by contacting the school nursing team on 0300 304 5555.

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

Advice and support from the Healthy Futures Calderdale school nursing team

If you have any concerns about your child's health or wellbeing, the Healthy Futures Calderdale school nursing team can be contacted by phone on **0300 304 5555**, or by text using ChatHealth, our secure and confidential text messaging service for school-aged children and their families in Calderdale. Parents/carers can text: **07507 332157**, and young people can get in touch by texting **07480 635297**.

You can find further information about the NCMP at [The National Child Measurement Programme NHS webpage](#).

You can find information and fun ideas to help your kids stay healthy at the NHS Better Health: healthier families webpage [Easy ways to eat well and move more](#).

For emotional health and wellbeing support, The Solihull approach offers free courses for all parents, carers, grandparents and teens from bump to 19+ years. Calderdale residents can access these courses for free by scanning the QR code below and entering Access Code: TKPARENTS



Yours faithfully

A handwritten signature in black ink, appearing to read 'D. Harkins'.

Deborah Harkins
Director of Public Health
Calderdale MBC

A handwritten signature in black ink, appearing to read 'M. Stenton'.

Martyn Stenton
Director of Children and Young People's Services
Calderdale MBC

What information is collected and why

Your child's height, weight, age, sex, and date of birth are collected to calculate their weight category (also known as child body mass index).

Your child's ethnicity and address are collected to monitor differences in child growth and weight between ethnic groups, where children live and their backgrounds.

Your child's name, date of birth and NHS number are collected to link their measurements from reception and year 6 to other information from health and education records held by NHS England, the Department of Health and Social Care and the Department for Education, where it is legal to do so.

Information about how personal information and data is collected and stored

You can read more about how the Department of Health and Social Care collects, stores and uses your child's information and data in the [National Child Measurement Programme privacy notice](#).

You can read more about how NHS England collects, stores and uses your child's information and data at [National Child Measurement Programme \(NCMP\): GDPR information](#).

At the [NHS England National Child Measurement Programme webpage](#) you can read more about:

- taking part in the programme
- how your data is collected
- how your data is used

You can read more about how Calderdale Council collects, stores and uses your child's information at [Calderdale Councils privacy notice](#).

Further information about the National Child Measurement Programme

You can find information and fun ideas to help your kids stay healthy at the NHS Better Health: healthier families webpage [Easy ways to eat well and move more](#).

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. You can sign up to NHS [Healthy Steps - step this way](#).

You can find further information about the NCMP at [The National Child Measurement Programme NHS webpage](#).