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September 2024

Dear Parent/Carer

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). 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.

In most areas, parents receive their child's measurement data, because this can be useful information about their child's growth and provides an opportunity to offer support to parents where required. Your child's class will take part in this year's programme.

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.

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.

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. Research is ongoing to ensure this continues to be done in a supportive way.

Individual results are not shared with your child or their school. The weight and height information is shared only with you, via a parent feedback letter. It is your choice to share or not share the information with your child.

If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a school nurse or GP.

The information we collect and what it is used for

Your child's data

Your child's height, weight, date of measurement, sex and date of birth are used to calculate your child's weight category (also known as body mass index, or BMI).

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 (DHSC) may also be linked to allow information from health and education records to be added, where lawful to do so. This helps 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. These other data sets may include 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 (including 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 and 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.

Why we need your contact details

We need your address 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.

We need your email address and phone number because we may:

- contact you by email or phone 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

How the data is used

All the data collected is also used for research and planning to improve health, care and services.

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 the London Borough of Havering Council. We will store your child's information as part of the local child health record on the NHS's child health information database and share it with the child's GP if a concern is identified.

We will send all the information collected about your child to NHS England. NHS England is responsible for collecting data and information about health and care so that it 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 DHSC but in a de-personalised form only. This means OHID will not be able to identify your child.

Both NHS England and OHID will use the information from the NCMP to better understand numbers and trends in child weight and BMI. This helps to plan 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 uses the data to produce National Child Measurement Programme statistics reports showing trends at national and local 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. NHS England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.

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 measured, or your child has a medical condition that affects their height or weight, please email us within 2 weeks of the date of this letter. If you do withdraw your child from height and weight measurements, please inform us if you would like the option of still having their hearing and vision screened. The email address is at the top of this letter.

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

Further information

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](#).

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](#) webpage or scan the QR code:



Information about how the Havering School Nursing Service provided by NELFT collect and use information can be found at: www.nelft.nhs.uk/services-havering-school-nursing.

You can find information about how NHS England and DHSC collect and use information at:

- NHS England's [How we look after your health and care information](#) webpage
- the DHSC [Personal information charter](#) webpage

You can find information about the organisations NHS England has shared information from the NCMP at NHS England's [National Child Measurement Programme](#) webpage.


Hearing And Vision Screening

In Reception we will conduct hearing and vision screening of children. If you have any concerns about your child's hearing or vision prior to this, or any other health concerns that

you would like to speak to your child's school nurse about, please contact the NELFT Havering 0-19 service on 0300 300 1635 or havering0-19spa@nelft.nhs.uk.

Reception parents will shortly be receiving a school entry health questionnaire to completed and returned to your school as soon as possible.

Yours faithfully,



Dr. Mark Ansell
Director of Public Health
London Borough of Havering



Tara Geere
Director of Starting Well/ Director of Children's Services
London Borough of Havering

Further information for parents

How your child's data is collected and processed as part of the National Child Measurement Programme

Local authorities have a legal duty to collect the National Child Measurement Programme (NCMP) data. They do this by following guidance from the Office for Health Improvement and Disparities (OHID), part of the Department of Health and Social Care.

Local authorities are responsible for making decisions on how the data is collected and making sure it is protected. Local NCMP service providers are contracted to do the measurements. This might be through the school nursing team 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 OHID are jointly responsible for the data held at a national level. Your local authority is responsible for the data held locally.

how many ways are you changing?

change
4 life
Eat well Move more Live longer

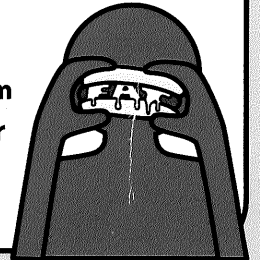
1 5-a-day

Our family are trying to eat 5 portions of a variety of fruit and veg every day.



2 cut back fat

I'm changing how I cook from frying to grilling to make our meals more healthy.



3 watch the salt

We're checking the label, choosing foods lower in salt and trying not to add salt to our food.



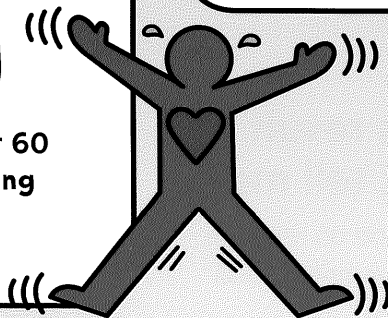
4 sugar swaps

Our family are swapping sugary drinks for water, lower fat milks, no-added-sugar or sugar-free drinks.



5 get going every day

I'm getting the kids to spend at least 60 minutes walking, playing sport, running around or being active every day.



Want more tips to help you stay healthy and happy?

 Search **Change4Life**

and sign up today for more hints and tips to help you and your family stay healthy

The National Child Measurement Programme

Measuring height and weight in schools

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP). If your child is in Reception or Year 6, you should receive a letter with more information about the programme in your child's school.

Trained staff will measure your child's height and weight, in their clothes, at school. They will take care to ensure that the measurements are done sensitively and in private, and your child's results will not be shared with teachers or other children. Your child does not have to participate, but we urge you to encourage your child to take part.

Why is it important that my child takes part?

Almost one in three children in England is overweight or obese by age 11. With so many children being overweight, an overweight child may not look different from their friends. Therefore, we tend not to notice when a child is overweight and are becoming accustomed to heavier children as the norm. That is why an objective measurement of how a child is growing is useful.

Collectively, information about children's weight helps to build a national and local picture on how children are growing. The more children that take part, the clearer that picture will be. The information collected is used to help plan and provide better health and leisure services for the children in your area.

Will I find out my child's result and what will the result tell me?

How you get your child's result will depend on how the programme is run in your area. Most areas will send all parents a letter with their child's result after the

measurement. In other areas, parents can ask for their child's result. The letter telling you about the programme in your child's school will advise you of this.

The result will tell you your child's height and weight when they were measured and whether this means they are underweight, a healthy weight or overweight for their age, sex and height.

The letter will also include details for getting further advice and support to help your family lead a healthy lifestyle.

What happens to the results?

Results from all the schools in your area will be gathered together and held securely by your local public health team. Some of the information will be sent to the Health and Social Care Information Centre (HSCIC). The HSCIC collects and holds health data on behalf of the NHS and social care. This information is used to produce reports and information to assist the development of services to help families lead healthy lifestyles.

Why is a healthy weight important?

Research shows that modern living makes it more difficult to be a healthy weight. If we carry on as we are, many children may grow up with dangerous amounts of fat in their bodies, putting them at a greater risk of developing cancer, type 2 diabetes and heart disease in later life.

Because it is not easy to tell just by looking if a child is overweight, the results can help parents make decisions about their child's lifestyle and make simple changes if necessary.

To help your child achieve and maintain a healthy weight, encourage the whole family to enjoy eating healthily and being active. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.

For more information on helping your family lead a healthy life, please turn over...