

January 2025

## School Health Nursing Team

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This document can be provided in other formats and languages, please contact us:

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إذا كنت تحتاج إلى هذا المستند بلغة أخرى ، فيرجى الانتقال إلى:

Jeśli potrzebujesz tego dokumentu w innym języku, przejdź do:

[sirona.bristolschoolnursing@nhs.net](mailto:sirona.bristolschoolnursing@nhs.net)

Dear Parent/Guardian

## Height and weight checks for children in reception

Every year in England, school children in reception have their height and weight checked at school as part of the National Child Measurement Programme (NCMP). Height and weight measurements are used to better understand the healthy growth of your child. We collect this information because it is in the interest of public health to understand how many children are living with a healthy weight or are above or below a healthy weight.

Your headteacher has agreed that this will happen in your child's school, you can contact your school to find out when we will be visiting. If your child is absent on that day, we may need to make another visit, this will be arranged directly with the school.

## How we collect your child's measurements

The checks are carried out by trained health and care providers. Children are measured fully clothed, except for their coats and shoes.

Please note, children will not be made to take part on the day if they do not wish to.

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

## Vision

It is very important for a child's eyesight to be screened when they are young so that any problems can be picked up and treated early on. This will be done during reception year alongside the NCMP. On the day, your child's eyesight will be screened at school. Should your child need to be referred to a specialist we will contact you to discuss this further.

## NCMP – receiving your child's measurement results

You will receive a letter offering free support for your child(ren) and family if your child's results fall below or above a healthy weight.

You may also be contacted by a member of the school nursing team to discuss your child's feedback and to offer further support following your child's height and weight measurement.

If your child's results are not under or above a healthy weight but you still want to know the outcome, please contact your school nursing team.

## 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 the NHS England understand how and why the weight of children is changing, how this affects children's health and education and how children's care 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.

## 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 Sirona care & health and Bristol City Council. 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 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.

To understand more about the data we collect, how we use and protect it, please read Bristol City Council's NCMP Privacy Notice: <https://www.bristol.gov.uk/council/data-protection-and-foi/information-sharing-agreements/>.

Information about how Sirona Care & Health collect and use information can be found at <https://sirona-cic.org.uk/policies/>.

## 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 if your child has a medical condition that affects their height or weight, please let us know by completing the opt out form at the end of this letter and returning it to your child's class teacher.

## Further information for parent/carers

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

## FREE healthy lifestyle support for families in Bristol

BeeZee Families is a FREE, award winning online healthy lifestyle programme for the whole family run by Maximus. New programmes start in Bristol soon and aim to help families build healthy habits around food and physical activity. More information and how to sign up here: [BeeZee Families](#). You can also 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:



If you would like to find out how else your School Health Nursing Service can support you and your child, there are a variety of resources available on our website. Please scan the QR code with your smartphone camera to have a look. If you do not have access to a smartphone, the website address is also above where you can access the materials.



Yours faithfully,

School Nursing Service

**Opt Out Form for National Child Measurement Programme**

Only complete this form if you **DO NOT** wish for your child to be weighed and measured

I **DO NOT** wish my child to take part in the National Child Measurement Programme

**Child's Name:**

**Male/Female (delete as appropriate):**

**Date of birth:**

**Ethnicity of Child:**

**Address:**

**Postcode:**

**School:**

**Class:**

**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:**

Please return to your **child's class teacher** as soon as possible.

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 moves to a different school during the academic year, please ensure that you inform your child's new school if you do not want your child to take part.

Please contact your School Nursing team on the above number or by email if you wish to discuss this form or any aspect of your child's health.