

## **Year 6 height and weight check**

### **1. Height & Weight Check – National Child Measurement Programme (NCMP)**

Each 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. 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, healthy weight or underweight. Your child's class will take part in this year's programme.

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

The information collected by us includes your child's height and weight measurements together with their name, date of birth, gender, home address and postcode, NHS Number and ethnicity. This information about your child is needed because their age, gender, ethnicity and the place they live are known to affect their height and weight. Their name, date of birth and NHS Number is needed to link your child's measurements to other information about your child. All this information is treated confidentially and held securely by us. It will not be shared with your child's school or with other children.

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. A member of our team will contact you to discuss the results if your child is outside of the healthy weight range.

The information collected from all schools in the area will be gathered together and held securely by the local authority Public Health team. We will store your child's information on their local child health record on the child health information database and share it with their GP. 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 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.

If your child was previously measured for the National Child Measurement Programme, NHS Digital may link your child's current and previous height and weight measurements. It may also link their measurements with other information it holds about your child such as their dental survey results or the reasons for any visits they may have made to hospital. Linking your child's information in this way helps better understand how and why the weight status of children is changing.

De-personalised information from the National Child Measurement Programme may also be shared by NHS Digital 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 Digital only ever shares information for research with the approval of an independent group of experts.

### **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 wish your child's height and weight to be checked, please follow step 2 in this letter headed "opting out". Children will not be made to take part if they do not want to.

## **2. Opting Out**

If you wish to opt your child out of the National Child Measurement Programme (NCMP) please follow the steps below:

- Contact us by **Monday 1<sup>st</sup> October 2018**
- Call us on 0300 300 0123 or
- email: [CCS-TR.NCMPScreeningOptOut@nhs.net](mailto:CCS-TR.NCMPScreeningOptOut@nhs.net)
- Leave the following information:-
  - child's full name
  - NHS Number (if known)
  - date of birth
  - current home address
  - school they attend
  - check/test you're opting them out of

**It is very important that we receive all the above information when you are opting your child out.**

We provide this service to help protect the health of your child as part of our public task as a health service provider. Your child's school has provided us with your contact details. We will update your child's electronic health record of the outcome of our screening programme.

### **Transition to High School**

As part of our visit to school we will also be exploring the children's views on their forthcoming transition to High School. Children who have opted out of the NCMP will still get this opportunity.

As part of our enhanced service we are now able to offer your school a second visit to deliver a classroom based session focussing on building resilience and addressing their feelings about the move up to High School.

Please do not hesitate to contact the team if you have any queries.

Yours faithfully

**5-19 Healthy Child Programme (HCP) team**