

Families' Health and Wellbeing Service 0-19  
Children and Families Single Point of Access  
Anglesey House  
Towers Business Park  
Wheelhouse Road  
Rugeley  
WS15 1UL

Telephone 0808 178 0611 (press option 1)

## 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. 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 as 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 checks are carried out by registered 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 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.

### Maintaining the well-being 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 weight and height information is shared only with you in the parent or carer feedback letter. It is your choice to share or not 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. If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a our Families' Health and Wellbeing Service by calling the Hub on 0808 178 0611 (press option 1) or

texting our parent's ChatHealth service on 07520 615 722 or through your General Practitioner.

### **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 England and Department of Health and Social Care, may also be linked to allow the addition of information from health and education records, where lawful to do so, to 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. 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 or offer you further information and 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.

### **How the data is used**

The information collected from all schools in the area will be gathered together and held securely by Midlands Partnership University NHS Foundation Trust. We will store your

child's information as part of their local child health record on the NHS's child health information database and share it with their GP.

All the information collected about your child will be sent by us to NHS England. NHS England is responsible for collecting data and information about health and care so that this 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 the Department of Health and Social Care (DHSC) but in a de-personalised form only. This means OHID will not be able to identify your child. OHID focuses on improving the nation's health so that everyone can expect to live more of life in good health, and on levelling up health disparities to break the link between background and prospects for a healthy life.

Both NHS England and the Office for Health Improvement and Disparities (DHSC) 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 England or the Office for Health Improvement and Disparities (DHSC) that identifies your child. NHS England use the data to produce [National Child Measurement Programme statistics reports](#) showing trends at national and local community level.

De-personalised information from the National Child Measurement Programme 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, and 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 let us know by completing an 'opt out' form. These are located in your Schools Reception.

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

### **Local Support Information**

If you do not want your child's height and weight to be measured as part of the programme, information and support is still available via:

- The 0-19 Families Health and Wellbeing Service pages on the MPFT website <https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/staffordshire-clinics>
- The 0-19 Families Health and Wellbeing Hub - a skilled and knowledgeable team of School Nurses, Health Visitors and Nursery Nurses can provide information, advice, support and guidance. The Hub is available 9am-5pm Monday to Friday on 0808 178 0611 (press option 1)
- ChatHealth texting service - If you prefer, you can text the confidential parent's text service on 07520 615 722. The ChatHealth service is available Monday to Friday between 9am-5pm, including school holidays but excluding bank holidays. If you send a text message outside of these hours, you will receive an automated message explaining that our School Nurses or Health Visitors will reply when the service reopens. Texts are charged at your normal network rate.



You can also find a range of activities in your area through visiting Staffordshire Connects. This includes information of activities, groups and clubs in your area. You could visit your local parks which are great places for you and your family to take a walk, have fun, enjoy nature and get active.

Visit Staffordshire County Council website for a full list of country parks

<https://www.staffordshire.gov.uk/environment/OpenSpaces/List-of-Parks-Picnic-Areas.aspx>



Your child could be referred to Time 4 Wellbeing which is a free weight management service to help children and their families achieve and maintain a healthier weight. There are a number of types of programs offered including one to ones, groups, digital support and even sessions delivered during school holidays. Please visit the website [www.time4sportuk.com/t4w/](http://www.time4sportuk.com/t4w/) or call 01782 40 96 77 or 07707 275 409 for further details.



### 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/healthier-families/>



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.



Scan the QR code or visit [healthysteps.uk](https://healthysteps.uk) to sign up.

Information about how Midlands Partnership University NHS Foundation Trust collect and use information can be found at [Privacy Notice :: Midlands Partnership Foundation Trust \(mpft.nhs.uk\)](https://mpft.nhs.uk/privacy-notice) on the pages of our website.

Information about how NHS England and Office for Health Improvement and Disparities 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/department-of-health-and-social-care/about/personal-information-charter>

Information about the organisations NHS England has shared information from the National Child Measurement Programme can be found at <https://digital.nhs.uk/services/national-child-measurement-programme>

How your child's data is collected and processed as part of the National Child Measurement Programme (NCMP) can be found at:

[https://www.mpft.nhs.uk/download\\_file/view/6748/2225](https://www.mpft.nhs.uk/download_file/view/6748/2225)

Yours faithfully,

*K Coker*

Karen Coker  
Senior Commissioning Manager

A handwritten signature in black ink, appearing to read 'Kate Cox'.

Kate Cox  
Children's Lead Manager Universal Service  
Children and Families Care Group MPFT