Height and weight checks for children in Reception and Year 6 will be taking place on 01 April 2019

Dear Parent/Carer

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. This information is collected because it is in the public interest to understand how many children are overweight, healthy weights or underweight. Your child’s class will take part in this year’s programme.

Why is the height and weight check important?
Research shows children who stay a healthy weight tend to be fitter, healthier, better able to learn, and more self-confident. They’re also much less likely to have health problems in later life such as diabetes and cardiovascular disease. This check is a good way of finding out whether your child is a healthy weight and growing as expected.

How is the check carried out?
The checks are carried out by trained members of the school nursing team. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

How is the information kept safe and confidential?
The information collected 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 Central and North West London (CNWL) NHS Trust, NHS Digital and your child’s local health record on the child health information database. It will not be shared with your child’s school or with other children.

Will I be given feedback after the check?
Yes. You will receive a feedback letter within 6 weeks of the check. Your child’s measurements will be sent to you together with information about healthy eating, being active and related activities available in your area.

What happens with the information from the check?
The information collected about your child will also be shared by NHS Digital with Public Health England but it will be anonymised. 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.

Anonymised 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.

**Withdrawning 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 checked, please let the school know by **4PM ON THURSDAY 28th MARCH** so that they can advise the school nurse who will be carrying out the measurements.

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

**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](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/change4life](https://www.nhs.uk/change4life)

Information about the organisations NHS Digital has shared information from the National Child Measurement Programme can be found at [https://digital.nhs.uk/services/national-child-measurement-programme](https://digital.nhs.uk/services/national-child-measurement-programme)


Yours faithfully

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