

To all Parents / Carers of Reception and Year 6 Pupils

Date: 8 September 2023

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. 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.

Maintaining the well-being of children in the NCMP

The wellbeing of children and families is very important and as such measurements are conducted in a sensitive way. **Individual results are not shared with your child or their school.** The weight and height information is shared only with you, it is your choice if you share the information with your child. Please note you will only receive a feedback letter if your child is outside of the healthy weight range. If you do not receive a feedback letter but would like to know your child's results, please contact the School Health team on 0151 247 6354.

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, please seek further support from your School Nurse or GP.

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 contacting the **School Health Team** on **0151 247 6354**. **Please Note:** Children **will not** be made to take part on the day if they do not want to. Please find below supplementary information that gives more information on the NCMP, in addition to how data will be stored and used.

Yours sincerely,



Margaret Jones
Director of Public Health
Sefton Council



Tricia Davies
Assistant Director of Education
Sefton Council

Supplementary information:

The information we collect as part of the NCMP 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, 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 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.
- your address is required to send you your child's feedback letter (if outside of a healthy weight range). 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/ send you your child's feedback letter by email/ offer you further 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. The 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 Sefton Metropolitan Borough Council. 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. The information collected about your child will be sent by us to NHS England. **This data will be shared in a non-identifiable way.** 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) 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 OHID 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 OHID 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 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 approval processes, seeking advice from experts, as necessary.

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

<https://www.sefton.gov.uk/media/7347/ncmp-data-use.pdf>

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 to sign up.



If you do choose to talk to your child about weight, there is a toolkit available to support you with this: <https://www.bath.ac.uk/publications/talking-to-your-child-about-weight-a-guide-for-parents-and-caregivers-of-children-aged-4-11-years/attachments/talking-to-children-about-weight-guidance.pdf>

Information about how we at Sefton Council and Mersey Care NHS Foundation Trust's School Health Team collect and use information can be found at:

<https://www.sefton.gov.uk/media/1632/privacy-notice-for-public-health-services-v21.pdf>