

Medway School Nursing Team  
Snapdragons Centre  
Cliffe Road  
Strood  
Kent  
ME2 3FF

0300 123 3444

Dear Parent/Carer

01/09/2023

## **RE: Height and Weight Checks for Children in Year 6**

Each year in England, school children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP). Your child's class will take part in this year's programme.

The checks are carried out by trained health care professionals from the school nursing service, who are commissioned by the local authority. Children are measured fully clothed, except for their coats and shoes, in a private area away from other pupils. Children will not be made to take part on the day if they do not want to.

Once completed, we will send you your child's measurements in a feedback letter. We may also contact you to discuss additional support. If your child's measurements indicate they are below a healthy weight we will automatically refer them to their GP. Following discussion and consent from parents, we are also able to refer to the Medway Healthy Weight Team within Public health; a service that offers a variety of interventions from phone calls to weekly clubs, cookery lessons and activity sessions, with all advice being optional.

## **Maintaining the health and 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 via a parent feedback letter and/or telephone call. 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 re-sult 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 school nurse or General Practitioner.



## [Withdrawing your child from the National Child Measurement Programme](#)

**If you consent to your child being measured, you do not need to do anything.**

If you **do not** want your child's height and weight to be checked, or your child has a medical condition that affects their height or weight please let us know using the easy online form – link provided below.

### [School health screening - opt out form :: Medway Community Healthcare](#)

Our preferred method is the online opt out form as this directly notifies the screening team of your wishes; however, if you do not have internet access please inform your child's school that you do not wish your child to have height and weight measurement taken.

### **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 Digital and Department of Health and Social Care may also be linked as this would let us add 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 we can improve the care children receive. 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

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 Medway 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.

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.

If you would like to know more about the Medway School Nursing Team, please visit our website which has useful information on a range of child health issues as well as further information on school health checks – link below

[School Nursing :: Medway Community Healthcare](#)

Yours faithfully,

**Medway School Nursing Team**

### **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/>

