

Enquiries to: School Nursing Team

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Dear Parent or Carer

**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 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 we collect and what it is used for is listed below:**

- your child's age, gender, 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 from Reception and Year 6. Other data sets may also be linked such as your child's dental survey results or any visits to hospital they may have had. Linking your child's information in this way helps us to understand how and why the weight status of children is changing, and how this affects children's health
- 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 should your child fall outside of the 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 to discuss your child's height and weight measurement to offer you further support.

All of 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 by us. No individual measurements will be given to school staff or other children.

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

All the information collected about your child will be sent by us to NHS Digital. NHS Digital 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 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.

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 want your child's height and weight to be checked, or your child has a medical condition that affects their height or weight, please inform the School Nursing Team in writing or by email within 10 working days of receipt of this letter. Our contact details can be found at the top of this letter.

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>

Information and fun ideas to help your kids stay healthy can be found at <https://www.nhs.uk/change4life>

Information about how Achieving for Children School Nursing Team collect and use information can be found at [www.achievingforchildren.org.uk/privacy-notice](http://www.achievingforchildren.org.uk/privacy-notice).

Information about how NHS Digital and Public Health England 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/public-health-england/about/personal-information-charter>

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>

Information about what Public Health can offer locally can be found at: <https://www3.rbwm.gov.uk/publichealth>

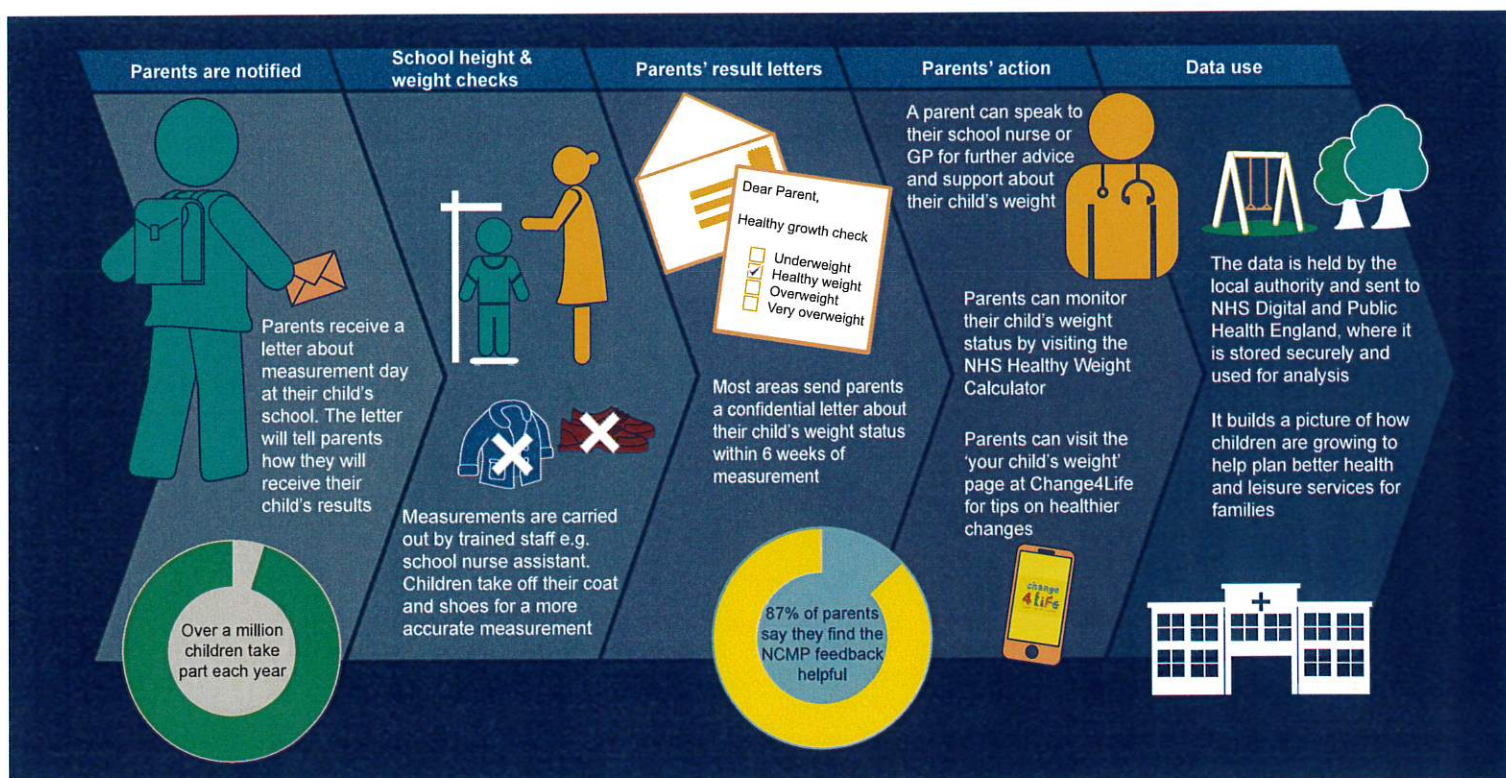
Yours faithfully

School Nursing Team



# School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme



## What we know from the data collected so far

- Most children in Reception and Year 6 are a healthy weight.
- Around one in ten children in Reception is very overweight. This doubles to one in five children by year 6.
- The number of very overweight children in Year 6 is increasing year on year.
- Most children who are overweight in Reception will remain so or become even more overweight for their age by year 6 without action to achieve a healthier weight.

Because many children are overweight, we are all becoming used to seeing heavier children as the norm. It means we cannot always tell when a child is overweight. That is why many parents find it helpful to have an objective measurement of how their child is growing. More than 8 in 10 parents say this information is helpful and they can then make decisions about their child's lifestyle and wellbeing to make changes, or seek support if necessary.

## Why achieving a healthy weight is important

When children are a healthy weight, they feel better about themselves. They find it easier to play and learn. And they are more likely to grow up healthy too. Helping them to be a healthier weight when they are a child can set up their health and wellbeing for life.

You can encourage the whole family to enjoy eating healthily and being active which will help your child achieve and maintain a healthier weight. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.



Public Health  
England

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For more information on helping your family  
lead a healthy life, please turn over.