

**School Nursing Team**

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## **SCHOOL NURSING SERVICE**

### **NATIONAL CHILDHOOD MEASUREMENT PROGRAMME**

Dear Parent / Carer

#### **Height and weight measurements for children in Year 6**

Every year in England, children in Year 6 are weighed and measured as part of the National Child Measurement Programme (NCMP). Full details of the NCMP can be found by following this link:  
<https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>

As part of the programme, your child's name, date of birth, sex, address, postcode, ethnicity and NHS number will be provided by your local authority. Your child's class will take part in this year's programme; the date of the screening will be available from your child's school.

The measurements will be carried out by trained staff from your local school nursing team in a private area in your child's school. Children will be asked to remove their shoes and coats and will be weighed in their indoor clothing. The programme will be delivered in a COVID-safe way, in line with the school and local authority's safety control measures and national guidance for schools and healthcare. In order to explain what will happen when your child is weighed and measured in school, please share with your child the information contained in this link  
<https://campaignresources.phe.gov.uk/schools/resources/ohy-year-6-presentation-for-school-nursing-teams>

All information and results will be treated confidentially. **Your child's height and weight results will not be shared with your child, other children or school staff.** These results will be entered onto your child's electronic health record. The NHS Digital database (NCMP) will place your child's height and weight into one of the following ranges – 'underweight', 'healthy weight', 'overweight' and 'very overweight'. If your child is outside of the 'healthy weight' range you will receive a letter by post with further information.

The NHS Digital database (NCMP) provides information to help build an understanding of national and local trends in child weight. It is important to have a good understanding of how children are growing, so that the best possible advice and support can be provided for them and their families.



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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.

If you are happy for your child to be measured, you do not need to do anything.

### Opting your child out of the programme

If you do not want your child to take part, or if you have any questions, please let the school nursing team know in writing/by email within 7 days of receiving this letter using the contact details overleaf.

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

### Further information and advice

You may be interested to know that Berkshire Healthcare has produced child health information on the Berkshire Healthcare NHS Foundation Trust website: [www.cypf.berkshirehealthcare.nhs.uk](http://www.cypf.berkshirehealthcare.nhs.uk). This is an on-line resource for parents, carers and school staff offering advice sheets and information on child development.

Information and fun ideas to share with your children and help your family stay healthy can be found at [www.nhs.uk/change4life](http://www.nhs.uk/change4life)

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>

Your school nursing team is here to support you and your child. If you would like further advice or information, please contact your school nursing team (contact details overleaf).

Yours faithfully,

The Wokingham School Nursing Team



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