

## **Year 6 School Height & Weight Check – National Child Measurement Programme (NCMP)**

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. The information gathered allows services to plan how to support families to lead healthy lives.

Your child's class will take part in this year's programme.

The checks are carried out by trained staff from the Healthy Child Programme. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

**Please see page 2 on how to opt your child out of these checks.**

### **NCMP Results**

- **Healthy Weight**

You will not receive a results letter if your child is in the healthy weight range. You can talk to a member of our team about your child's height and weight results by contacting us on the details above.

- **Underweight and Very Overweight**

If your child's height and weight result indicates that they are underweight or very overweight you will receive a letter within 6 weeks with the results and further information. A member of our team will also contact you to discuss the results.

- **Overweight**

If your child's height and weight result indicates that they are overweight you will receive a letter with the results within 6 weeks. This letter will also include useful links to further information available on our Just One Norfolk website.

## **Opting your child out of 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** wish your child's height and weight to be checked, please follow the steps below in the grey box. Children will not be made to take part if they do not want to.

If you wish to opt your child out of the National Child Measurement Programme (NCMP) please follow the steps below:

- Contact us by **18<sup>th</sup> December 2020** ***if you do not opt out by this date there is a chance your child may be seen***
- Call us on 0300 300 0123 or
- email: [CCS-TR.NCMPScreeningOptOut@nhs.net](mailto:CCS-TR.NCMPScreeningOptOut@nhs.net)
- Leave the following information:-
  - child's full name
  - NHS Number (if known)
  - date of birth
  - current home address
  - school they attend
  - check/test you're opting them out of

**It is very important that we receive all the above information when you are opting your child out.**

We provide this service to help protect the health of your child as part of our public task as a health service provider. Your child's school has provided us with your contact details. We will update your child's electronic health record of the outcome of our screening programme.

<http://www.cambscommunityservices.nhs.uk/docs/default-source/ig-privacy-notice/pn-hcp-service-v1-2-sept-2018.pdf?sfvrsn=16>

For information regarding the data collection and how it's used please see separate attachment – NCMP data collection.

Please do not hesitate to contact the team if you have any queries.

Yours faithfully

**Healthy Child Programme (HCP) team**

## **Further information about the National Child Measurement Programme data collection**

The information collected by us 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 us. It will not be shared with your child's school or with other children.

The information collected from all schools in the area will be gathered together and held securely by the local authority Public Health team. We will store your child's information on their local child health record on the child health information database and share it with their GP. No individual measurements will be given to school staff or other children, and all information will be treated confidentially.

All the information collected about your child will be sent by us to NHS Digital. NHS Digital is responsible for collecting health and care information to check how the NHS and social care services are doing, and to use this to 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.

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.

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.