

Families' Health and Wellbeing Service 0-19  
Children and Families Single Point of Access (CaFSPA)  
Anglesey House  
Towers Business Park  
Wheelhouse Road  
Rugeley  
WS15 1UL  
Telephone 0808 178 0611 (press option 1)

Dear Parent or 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.

Across Staffordshire parents receive their child's measurement data, because this can be useful information about their child's growth and provides an opportunity to offer support to parents where required. Your child's class will take part in this year's programme.

The programme will be delivered in a safe way, in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

The checks are carried out by registered school nurses or trained health and care providers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

## **Maintaining the wellbeing 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. Research is ongoing to ensure this continues to be done in a supportive way.

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. It is your choice to share or not share the information with your child.

If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from our school nurse's through our Families' Health and Wellbeing 0-

19 Service by calling the CaFSPA on 0808 178 0611 or texting our parent's ChatHealth service on 07520 615 722 or through your child's GP.

## **The information we collect and what it is used for**

### **Your child's data**

Your child's height, weight, date of measurement, sex and date of birth are used to calculate your child's weight category (also known as body mass index, or BMI).

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 (DHSC) may also be linked to allow information from health and education records to be added, where lawful to do so. This helps understand how and why the weight of children is changing, and how this affects children's health and education and how the care children receive can be improved. These other data sets may include 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 (including 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.

## **Why we need your contact details**

We need your address to send you your child's feedback letter. This will include your child's measurements together with information about healthy eating, being active and related activities available in your area.

We need your email address and phone number because we may:

- contact you by email or phone 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

## **How the data is used**

All the data collected is also used for research and planning to improve health, care and services.

All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.

The information collected from all schools in the area will be gathered together and held securely by Staffordshire County Council. We will store your child's information as part of the local child health record on the NHS's child health information database.

We will send all the information collected about your child to NHS England. NHS England is responsible for collecting data and information about health and care so that it 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 DHSC but in a de-personalised form only. This means OHID will not be able to identify your child.

Both NHS England and OHID will use the information from the NCMP to better understand numbers and trends in child weight and BMI. This helps to plan 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 uses the data to produce [National Child Measurement Programme statistics reports](#) showing trends at national and local level.

De-personalised information from the NCMP 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. NHS England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.

## **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 completing an 'opt out' form. These are located in your Schools Reception.

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

## **Local Support Information**

If you do not want your child's height and weight to be measured as part of the programme, information and support is still available via:

- The 0-19 Families Health and Wellbeing Service pages on the MPFT website [Health Visiting and School Nursing :: Midlands Partnership University NHS Foundation Trust](#)
- The 0-19 Families Health and Wellbeing CAFSPA - a skilled and knowledgeable team of School Nurses, Health Visitors and Nursery Nurses can provide information, advice, support and guidance. The CAFSPA is available 9am-5pm Monday to Friday on 0808 178 0611.
- ChatHealth texting service - If you prefer, you can text the confidential parent's text service on 07520 615 722. The ChatHealth service is available Monday to Friday between 9am-5pm, including school holidays but excluding bank holidays. If you send a text message outside of these hours, you will receive an automated message explaining that our School Nurses or Health Visitors will reply when the service reopens. Texts are charged at your normal network rate.

You can also find a range of activities in your area through visiting Staffordshire Connects. This includes information of activities, groups and clubs in your area. You could visit your local parks which are great places for you and your family to take a walk, have fun, enjoy nature and get active. Visit Staffordshire County Council website for a full list of country parks [List of parks, picnic areas and greenways - Staffordshire County Council](#).

Time 4 Wellbeing is a free weight management service to help children and their families achieve and maintain a healthier weight. There are several types of programs offered including one to ones, groups, digital support and even sessions delivered during school holidays. Please visit the website [Time4Wellbeing - Time 4 Sport UK](#) or call 01782 40 96 77 or 07707 275 409 for further details or contact our CAFSPA if you would like us to refer you to this service.

## Further information

You can find further information about the NCMP at [The National Child Measurement Programme](#) NHS webpage.

You can find information and fun ideas to help your kids stay healthy at the NHS Better Health: healthier families webpage [Easy ways to eat well and move more](#).

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. You can sign up to NHS [Healthy Steps - Step this way](#) webpage or scan the QR code:



Information about how Midlands Partnership NHS Foundation Trust collect and use information can be found at [Privacy Notice :: Midlands Partnership Foundation Trust \(mpft.nhs.uk\)](#) on the pages of our website.

You can find information about how NHS England and DHSC collect and use information at:

- NHS England's [How we look after your health and care information](#) webpage
- the DHSC [Personal information charter](#) webpage
- the '[How your child's data is collected and processed as part of the National Child Measurement Programme](#)' information leaflet

You can find information about the organisations NHS England has shared information from the NCMP at NHS England's [National Child Measurement Programme](#) webpage.

Yours faithfully,

*Karen Coker*

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