Private and confidential

Children and Young People's Services
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September 2026

Dear Parent/Carer

Height and weight checks for children in Reception Year and Year 6
National Child Measurement Programme (NCMP)

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). These are carried out at the school by the School Nursing team in Whittington Health NHS Trust.

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 children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. You can watch the NCMP process animation on https://www.youtube.com/watch?v=7W771420z9g . The animation explains the process of the NCMP and why it is important. It will guide you through what it involves, how your child's data is collected and processed and what it will be used for. Please also refer to the attached leaflet for more information.

Children's height and weight measurements are collected to build an understanding of how children are growing. The information from the NCMP is used by local councils and the NHS to plan the provision of health and leisure services for families to promote healthier growth in children.

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

Your child's height, weight, age, sex, and date of birth are collected to calculate their weight category (also known as child body mass index).

Your child's ethnicity and address are collected to monitor differences in child growth and weight between ethnic groups, where children live and their backgrounds.

Your child's name, date of birth and NHS number are collected to link their measurements from reception and year 6 to other information from health and education records held by NHS England, the Department of Health and Social Care and the Department for Education, where it is legal to do so.

After the measurements are carried out, we will send you a letter with your child's results if your child is underweight or overweight with information on healthy eating and being active. At this stage, you may be contacted by a Healthy Living Team to offer you further support. If your child's measurement result is within healthy limits, we will not be writing to you but if you have any concerns or would like to speak with a health professional you can email the Healthy Living Team on their email: whh-tr.barnethealthyweightteam@nhs.net **or your GP.** Individual results are not shared with your child or their school. It is your choice to share or not share the information with your child.

Routine data such as your child's name, date of birth, NHS Number, gender, address, postcode, contact telephone number, email and ethnicity are collected. The data collected are used to link the measurements from reception and year 6; This, together with other information from health and education records held is used for improving health, care and services through research and planning. All this

information is treated confidentially and held securely. The data from all schools in the area will be gathered and held securely by Barnet Public Health team and Whittington Health NHS Trust. Please note that the measurements will be added to your child's local health records and may be shared 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.

Information about how personal information and data is collected and stored
You can read more about how the Department of Health and Social Care collects, stores and uses your child's information and data in the National Child Measurement Programme privacy notice.

You can read more about how NHS England collects, stores and uses your child's information and data at **National Child Measurement Programme (NCMP): GDPR information**.

At the **NHS England National Child Measurement Programme** webpage, you can read more about: -

- taking part in the programme
- how your data is collected
- how your data is used

How is your child's mental health and wellbeing considered in the NCMP
The wellbeing of children and families is very important to the programme. Measurements are conducted in a sensitive way, in private and away from other children.

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 result of being measured or receiving feedback. If you are concerned about your child's growth, weight, body image or eating patterns, please seek further support from the Healthy Living Team, School Nurse or General Practitioner.

Further information
You can find information and fun ideas to help your child stay healthy at **NHS Better Health 'Easy ways to eat well and move more**' website for easy ways to eat well and fun ways to move more

You can find further information about the NCMP at **The National Child Measurement Programme NHS** webpage.

Opting your child out of the 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 to take part in the programme you will need to **opt out** of the programme by email to: whh-tr.barnethealthyweightteam@nhs.net stating your child's full name, date of birth and school name. Children will not be made to take part in the measurement programme on the day of the measurement if they do not want to.

If you have any questions, please do not hesitate to contact the Healthy Living Team by email to: whh-tr.barnethealthyweightteam@nhs.net .

Yours faithfully

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Barnet Council

Sharon D'Souza
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Clinical Director CYP, Whittington Health NHS Trust