

29 September 2023

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

The checks are carried out by staff from the Integrated Specialist Public Health Nursing Service employed by Humber Teaching NHS Foundation Trust. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. 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.

Maintaining the well-being of children in the NCMP

The wellbeing of children and families is very important. Individual results are not shared with your child or their school. The weight and height information are shared only with you in the parent or carer feedback letter. It is your choice if you share the information with your child. 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, seek further support from a Health Visitor, School Nurse or General Practitioner.

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 or their ability to stand independently for recording of height and weight please let us know by emailing us at Hnf-tr.ncmp@nhs.net by **Friday 13th October 2023**

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

Yours faithfully,

Andy Kingdom
Director of Public Health
East Riding of Yorkshire Council

Merlin Joseph
Director of Children's Services
East Riding of Yorkshire Council



Today the school nurse is going to check how I'm growing and staying healthy.



I go to see the nurse and she says hello.



The nurse asks me to stand next to a big ruler so she can see how tall I am.

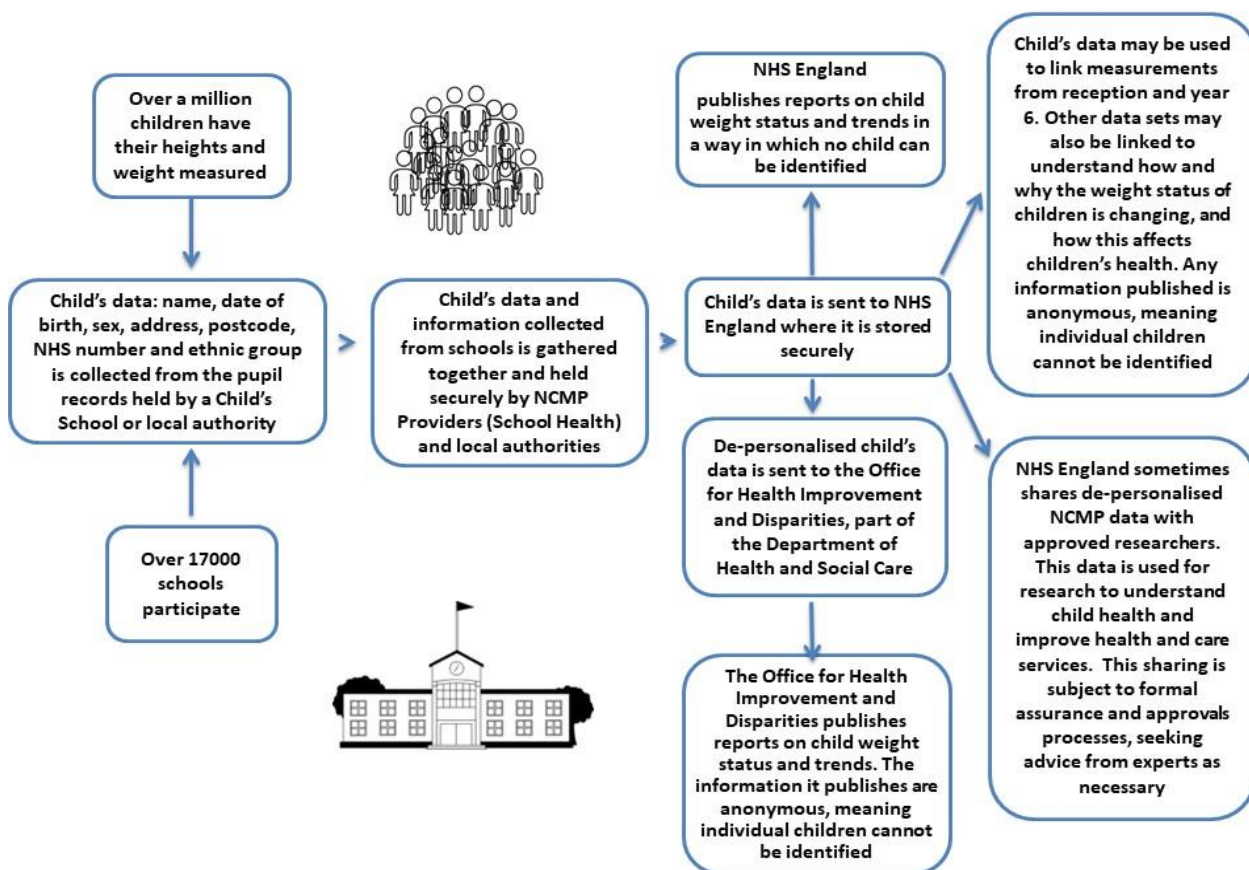


I stand on a little platform that tells the nurse how much I weigh.



The nurse writes it all down and that's it, back to class now!

The diagram below displays what happens to your child's data as part of the NCMP.



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

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/healthier-families/>



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.



Information about how NHS Digital and Office for Health Improvement and Disparities 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>

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And <https://www.gov.uk/government/organisations/department-of-health-and-social-care/about/personal-information-charter>

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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>

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