

Dear Parent/Carer

### Height and weight checks for children in Reception and Year 6 in Nottinghamshire

Every year in England, children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP). Your child's class will take part in this year's measurement programme. Further information about the National Child Measurement Programme can be found at <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>

The 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. **If your child is being measured by another service, it is still important for them to take part in the NCMP.**

The checks are carried out by trained school nurses or trained health care providers from the Healthy Families Team at Nottinghamshire Healthcare Trust (NHT). Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

You will **not** be notified if your child is in the healthy weight category. If your child falls outside this category (underweight, overweight or very overweight) you will receive a letter with your child's results and NHT will share the information with Everyone Health who are working alongside the Healthy Families Team will contact you to offer additional support. Of course, if you have any concerns with your child's growth, the Healthy Families Team is there for help and advice.

NHT will store your child's information on their local child health record on the child health information database. No individual measurements will be given to school staff or other children, and all information will be treated confidentially. The information collected from all schools in Nottinghamshire will be securely transferred to Nottinghamshire County Council at the end of the school year. See appendix A overleaf for further details on how the information is collected and used.

### Withdrawing your child from the National Child Measurement Programme

Children will not be made to participate if they do not want to but if you are happy for your child to be weighed and measured you do not need to do anything. **If you do not want your child to take part please write in confidence to the school for the attention of the Healthy Families Team within 10 days of receiving this letter stating your child's name, date of birth, school and class, and the reasons for opting out.**

In the meantime if you would like more information on healthy lifestyles contact Everyone Health on 03330050092, email [EH.changepointnotts@nhs.net](mailto:EH.changepointnotts@nhs.net) or visit the website at [www.everyonehealth.co.uk/nottinghamshire-county-council/](http://www.everyonehealth.co.uk/nottinghamshire-county-council/)

Yours faithfully



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Nottinghamshire County Council



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Information and fun ideas to help your kids stay healthy can be found at <https://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>

#### **Appendix A: Further Details about how your child's information is collected and used**

- The information collected by Nottinghamshire Healthcare Trust (NHT) 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 NHT and Nottinghamshire County Council. It will not be shared with your child's school or with other children.
- All the information collected about your child will be sent by Nottinghamshire County Council 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.