

Public Health Division Southwark Council  
160 Tooley Street  
PO Box 64529  
London  
SE1P 5LX

September 2024

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 help understand how children are growing to help plan better health and leisure services for families.

In most areas, parents receive their child's measurement data. This can be useful information about your child's growth and provides an opportunity for us to offer support to you where required. Your child's class will take part in this year's programme.

The School Nursing team from Guys & St Thomas' NHS Foundation Trust (GSTT) will take the measurements 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.

Your child will be measured between October 2024 and May 2025.

### **Maintaining the well-being 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 and/or telephone call. 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 a school nurse or 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 measurement in reception and year 6. **Please check that your school has your up to date contact information.**

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 to 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-patients appointments and diagnosis of medical conditions)
- mental health
- social care
- primary care (including data relating to preventing ill health such as GP and dental appointments)
- public health (including data relating to preventing ill health, such as immunisation records).
- records for when and 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 phone number because we may:

- contact you by phone to discuss your child's feedback
- 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 Guy's and St Thomas' NHS Foundation Trust. We will store your child's information as part of the local child health record on the NHS's child health information database and share it with the child's GP.

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.

Information about how we, The School Nursing team from Guys & St Thomas' NHS Foundation Trust (GSTT), collect and use information can be found at [www.evelinalondon.nhs.uk](http://www.evelinalondon.nhs.uk)

Parents' contact details of children living with excess weight will be shared by the School Nursing team with Everyone Health. Everyone Health provides free family healthy lifestyle programmes called Alive N Kicking. For more information: <https://southwark.everyonehealth.co.uk/services/child-weight-management/> or call **0333 005 0159**.

Children who are measured as very overweight could also have their information shared with their GP. They may be able to offer further support and advice, and refer children to other services who can support children measured as very overweight.

Once your child's height and weight are checked, the School Nursing team will send you your child's results through the post or via email. If you do not receive your child's result within 6 weeks of measurement, please contact Denise Phillips, Nurse Manager for School Nursing on [denise.phillips@gstt.nhs.uk](mailto:denise.phillips@gstt.nhs.uk) or by phone 07824461120.

If you would like any further advice regarding healthy lifestyles or your child's weight please contact the School Nurse Service duty desk by phone on 0203049 4777 or by email: [gst-tr.schoolnurseadmin@nhs.net](mailto:gst-tr.schoolnurseadmin@nhs.net)

Yours sincerely,



Jin Lim  
Deputy Director of Public Health  
Southwark Council

### **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 your school know by completing the form below and handing it into your school before your schools measurement take place.

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

### **Further information**

Further information about the NCMP can be found 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 family's website [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 NHS England and Office for Health Improvement and Disparities collect and use information can be found at:

- NHS England [How we look after your health and care information webpage](#)
- The DHSC [Personal information charter webpage](#)

### **Opting your child out of being weighed and measured**

Return this form to your school if you **DO NOT** want your child to participate.

✂-----

Form 1: Opt-out slip

I **do not** wish my child to be weighed and measured for the National Child Measurement Programme.

Child's name: \_\_\_\_\_ Year: \_\_\_\_\_ Class: \_\_\_\_\_

Child's school: \_\_\_\_\_

Parent/carer Name: \_\_\_\_\_

Parent/carer signature: \_\_\_\_\_

Please return to: **the school.**