

School Nurse Service  
St Martins Hospital  
Midford House  
Midford Road  
Bath BA2 5RP

t: 0300 247 0055

e : [BathNES.NCMP@hcrpgcaregroup.com](mailto:BathNES.NCMP@hcrpgcaregroup.com)

Date: As per email

Dear Parent or Carer

### **Measuring height and weight of children in Reception and Year 6**

Every year in England, school children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme. Height and weight measurements are used to calculate weight status. The data is used within the council and NHS to understand how children are growing and plan to improve health, care and services. 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.

### **Your child's class will take part in this year's programme**

The measurements are carried out by trained staff from within the school nursing service. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

### **How will my data be collected and stored?**

HCRG Care Group on behalf of B&NES Council will store your child's data on their individual health record. Their measurements will be shared with the Child Health Information Service (CHIS). Your child's GP can access your child's measurement direct from their health record or HCRG Care Group may share this with them to support the provision of ongoing care if needed. All the information collected about your child will be submitted to NHS Digital for national analysis and NHS Digital will share this data with the national NCMP programme in a de-personalised form so that **individual results cannot be identified.**

The data from all schools in the area will be gathered and held securely by B&NES council for local analysis. Head teachers will receive a summary of their schools Reception and Year 6 results combined over the last three years. All information and results will be treated confidentially, and **no individual measurements will be given to school staff or other children.**

## National Childhood Measurement Programme process

<p><b>Parents and carers are notified</b></p>  <p>Letter sent via e-mail to reception and year 6</p> 	<p><b>What do I need to do?</b></p> <p>Discuss measurement day with your child</p>  <p>If you do not wish for your child to be measured, contact school nursing as detailed in the opt-out section of this letter</p>	<p><b>Measurement day</b></p>  <p>Children are measured in private, only coats and shoes are removed</p>  <p>A trained member of the school nursing team takes the measurements</p>	<p><b>What feedback will I get?</b></p> <p>A letter will be sent home addressed to you with your child's height and weight results</p>  <p>You can use the tools provided to check your child's weight category</p> 	<p><b>What can I do to support my child?</b></p> <p>Visit the 'your child's weight' page at Healthier Families for tips about establishing healthy eating habits for the future</p>  <p>Discuss your results with your GP or school nurse on 0300 247 0055</p> <p>You may receive a follow up call from the team at the HCRG Care Group and be offered support through a Healthy Lifestyle programme</p>
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### Opting your child out of the programme

We think that this is a useful and important measurement taken at a crucial time in a child's development, therefore we strongly urge you to let your child take part, and if you are happy with this you do not need to do anything. However, if you do not wish for your child to take part, please let us know by writing to the:

School Nursing Team, Kempthorne House, St Martin's Hospital, Clara Cross Lane, Bath, BA2 5RP or email [BathNES.NCMP@hcrqcaregroup.com](mailto:BathNES.NCMP@hcrqcaregroup.com) stating your child's name and school **within two weeks of the date on this e-mail.**

Children can only be opted out of the weighing and measuring by contacting us directly at the address or email. Children will not be made to participate if they do not want to.

Yours faithfully



Becky Reynolds  
Director of Public Health & Prevention  
Bath and North East Somerset Council



Val Scrase  
Regional Director  
Wiltshire and B&NES Children's Community  
Services, HCRG Care Group

**Further information;**

- [The National Child Measurement Programme - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- [NHS Healthier Families](#) – Advice regarding children’s weight
- Better Health, Healthier families <https://www.nhs.uk/healthier-families>
- [Advice for parents of healthy weight children](#)
- For more information on the way the council handles the data go to: [B&NES Privacy notice](#). For more information about how NHS Digital use information visit: [NHS Digital](#). If you have any concerns regarding the processing of your data, please contact the National Child Measurement Programme team on 01872 322828. You also have the right to complain to the Information Commissioner’s Office at [www.ico.org.uk](http://www.ico.org.uk).