

Public Health  
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## Height and weight measurements 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 collected as it is in the public interest to understand how many children are a healthy weight, overweight or underweight and for Blackburn with Darwen's offer of support for children and families to accurately meet the needs of our community.

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

The checks are carried out by trained 0-19 Health Support Workers who are part of your 0-19 Universal Health Team.

Children will remain fully clothed except for their coats and shoes with measurements conducted sensitively and away from other pupils. This will be managed safely and in line with the school and local authority's safety control measures.

Individual results are not shared with your child or their school. The weight and height information is only shared with you in the parent/ carer feedback letter.

You will not receive a letter if your child falls within a healthy weight range however your 0-19 Universal Health Team is available for support at any time in respect of concerns you may have with your child's growth.

The information collected is treated confidentially and held securely.

It is sent by us to NHS England who are responsible for collecting data and information about health and care so that this can be used to plan, monitor and improve the care provided to people across England to support healthy lifestyles.

### Below is a list of what information is collected and what it is used for

What we record	Why do we collect this?
Date of measurement, sex and date of birth of your child	To calculate your child's weight category
Your child's name, date of birth and NHS Number	To link your child's measurements in both Reception and Year 6
Your child's ethnicity	To help understand some of the reasons for the difference in child weight across England
Your child's address	To send you your child's feedback letter

Your telephone number	Your 0-19 Universal Health Team is then able to contact you to discuss your child's results and offer support if needed.
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### How the data is used

For more detailed information about the NCMP, and how your data is shared and used by NHS organisations, please scan the QR code with your phone camera which will take you to a website to explain this and the additional links to support.

Alternatively we can arrange for this information to be sent to you by post.



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

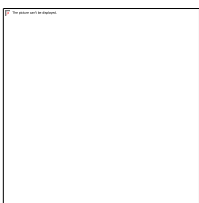
If you are happy for your child to be measured, you do not need to do anything.

**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 contact us to let us know within 2 weeks of receiving this letter on the email or telephone number at the top of this letter.**

### Further information links

For further information and support regarding the health of your family please see the NHS Healthier Families website, where you can sign up to the 8 Week Healthy Steps email for ideas to help your kids stay healthy, lots of low-cost easy tips, fun games, healthy swaps and tasty recipes on a budget.

<https://www.nhs.uk/healthier-families/> or scan the code below to go direct:



Yours faithfully,



Abdul Razaq  
Director of Public Health

Jo Siddle  
Strategic Director of Children's Services & Education