2023/2024
National Child Measurement Programme

Hampshire County Council

Adults' Health and Care
Public Health
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Academic Year 2023-2024

Dear Parent/Carer,

Height and weight checks for children in Reception and Year 6

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

Helping children to achieve and maintain a healthy weight is a national and local priority. This programme of weighing and measuring can help to identify where additional support could be offered to families.

How is the NCMP delivered?

The measurements are carried out sensitively by Hampshire's Public Health School Nursing Service. 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 line with current infection control guidance.

Once completed, you will receive your child's measurements in a letter, which includes further information and how to access support if needed. It is your choice if you share the information with your child. National research shows that body image, self-esteem, weight-related teasing, and restrictive eating behaviours do not change because of being measured or receiving NCMP feedback. Individual results are not shared with your child or their school.

The Public Health School Nursing Service is available for advice and support about your child's measurements, weight, growth, body image, and eating patterns, as well as any other concerns you might have about their physical and emotional health. You can search for your local School Nursing team using the following link: healthforkids.co.uk/hampshire/school-nurses. More information is available at hampshirehealthyfamilies.org.uk.

If you are happy for your child to be measured, you do not need to do anything. Children will not be made to take part on the day if they do not want to.

If you do not want your child's height and weight to be measured, or your child has a medical condition (or is receiving any treatment) that affects their height or weight and you would prefer they were not measured, please let us know by writing a letter to your Head Teacher within two weeks of receiving this letter.

More information about this programme is included in the attached leaflet 'School Height and Weight Measurements.' For further information about how the data is used please see the next page of this letter.

Yours sincerely,





Simon Bryant FFPH
Director of Public Health

Stuart Ashley
Director of Children's Services

Date of Signature: 01/09/2023

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Further information

Further information about the National Child Measurement Programme can be found at nhs.uk/live-well/healthy-weight/national-child-measurement-programme

Hampshire Public Health School Nursing Service provides information and advice at healthforkids.co.uk

More information and ideas to help your children stay healthy can be found at nhs.uk/healthier-families including the new 8-week NHS Healthy Steps programme at healthysteps.uk

How is the information used?

All information collected is treated confidentially and held securely by the Public Health School Nursing Service, the Child Health Information Service (both provided by Southern Health NHS Foundation Trust), and Hampshire

County Council. It will not be shared with your child, their school, school staff, or with other children.

The information collected includes your child's height and weight measurements and the date of the appointment, in addition to their name, date of birth, gender, home address and postcode, NHS number and ethnicity. This information is needed to ensure the record is correct, and also to help understand differences and changes in trends children's weight.

All the information collected about your child will be sent securely by Hampshire County Council to NHS England. NHS England is responsible for collecting data and information about health and care so that this can be used to monitor and improve the care provided to people. If your child is now in Year 6 and was previously measured in Reception, NHS England may link your child's current and previous height and weight measurements. NHS England may also link their measurements with other information it holds about your child such as their births and hospital care. Be able to link your child's information in this way helps better understand how the care children receive can be improved.

NHS England will then anonymise the information and share it with the Department of Health and Social Care (DHSC), which is responsible for improving the nation's health. NHS England use the data to produce NCMP statistics reports showing trends at national and local level. No information will ever be published by NHS England or DHSC that identifies your child.

Anonymised 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, and NHS England only ever shares information for research with the approval of independent experts.

Weblinks

Information about how Public Health at Hampshire County Council collect and use information can be found at www.hants.gov.uk/educationandlearning/dataprotection

Information about how Hampshire Public Health School Nursing Service collect and use information can be found at southernhealth.nhs.uk/privacy-notice

Information about how NHS England and Office for Health Improvement and Disparities collect and use information can be found at digital.nhs.uk/about-nhs-digital/our-work/keeping-patient-data-safe/how-we-look-after-your-health-and-care-information and gov.uk/government/organisations/department-of-health-and-social-care/about/personal-information-charter

Information about the organisations NHS England has shared NCMP information with can be found at digital.nhs.uk/services/national-child-measurement-programme