

Height and Weight Measurements at School in 2026/2027

Dear parent/carer,

What is happening?

In England children have their height and weight checked in reception and year 6.

This is called the **National Child Measurement Programme (NCMP)**.

How does it work?

- A trained health worker will measure your child
- Your child keeps their clothes on (but takes off coat and shoes)
- It happens in a private space, away from other children in a sensitive manner
- You can watch the [NCMP process animation](#) here for more information
- No measurement information is shared with your child or school
- Your child will not be forced to take part if they don't want to

Why do we measure children?

The measurements help us understand how children are growing. The information is used to:

- plan services that support the health and wellbeing of families in Nottingham
- promote healthier growth in children
- give an opportunity to offer support to parents if needed

What information is collected?

- Height and weight
- Date of birth
- Gender
- Ethnicity
- Address
- Email address
- Name and NHS number

Why do we need this information?

This helps us:

- work out if your child is growing at the expected rate
- monitor differences between ethnic groups and areas people live
- link information from when your child was in reception and year 6

Information about how personal information and data is collected and stored:

- [National Child Measurement Programme privacy notice.](#)
- [National Child Measurement Programme \(NCMP\): GDPR information.](#)
- [Accessing your health records :: Nottingham City Care](#)
- <https://nottinghamcity.gov.uk/privacy-statement>

Do you need to do anything?

- **If you're happy for your child to be measured:** You don't need to do anything.
- **If you don't want your child to be measured:** You can opt out by clicking on the link <https://nottingham.childscreening.co.uk/Forms/ChildScreeningOptOut> please tell us as soon as possible. If you are unable to access the link, please let your school know as soon as possible.
- If your child has a medical condition that affects their height or weight please let school know.

What happens afterwards?

- **If your child is within the expected range:** We will not contact you.
- **If your child is not within the expected range:** We will send you a letter with helpful information about healthy eating and moving and we will share the information with Thriving Nottingham who will contact you about their free healthy lifestyle and activity programmes.

The results are:

- Sent to you (not to your child or the school)
- Private and you choose if you want to share them with your child

Need help or worried?

If you're concerned about your child's:

- Growth, weight, body image, eating patterns

Contact:

- Your GP
- Children's Health Advice Hub: **0300 300 0040** (Monday to Friday, 8:30am - 5pm)

Free help for healthy families

- **NHS Better Health:** [Easy ways to eat well and move more.](#)
- **NHS Healthy Steps:** [Healthy Steps - step this way.](#) Free 8-week email programme with, easy tips, fun games, healthy food swaps, budget-friendly recipes
- **Thriving Nottingham:** www.thrivingnottingham.org.uk Free healthy lifestyle programmes for families

For more information

- Visit [The National Child Measurement Programme](#) webpage for more details.

Thank you for your support

Yours sincerely,



Helen Johnston

Director of Public Health
Nottingham City Council



Sarah Nardone

Director of Children's Services
Nottingham City Council

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 measurements in reception and year 6.

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 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-patient appointments and diagnosis of medical conditions)
- Mental health
- Social care
- Primary care (including all healthcare outside of hospital, such as GP and dental appointments)
- Public health (including data relating to preventing ill health, such as immunisation records)
- Records for when and the reason 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 if they are not a healthy weight. 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 email address and phone number because we may:

- Contact you by email or phone to discuss your child's feedback
- Send you your child's feedback letter by email
- 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 Nottingham City Council. 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 their GP.

* If your child is above the expected weight range for their age and height, information will be shared with **Thriving Nottingham** who deliver free healthy lifestyle programmes and activities on behalf of the local authority. They will be in touch to see if you are interested in any free support. More information can be found at www.thrivingnottingham.org.uk by calling 0115 648 5724 or by scanning the QR code.



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.

Further information

Information about how Nottingham City Council and Nottingham CityCare collect and use information can be found at:

- <https://nottinghamcity.gov.uk/privacy-statement>
- [Accessing your health records: Nottingham City Care](#)

You can find information about how NHS England and DHSC collect and use information at:
NHS England's [How we look after your health and care information](#) webpage

the DHSC [Personal information charter](#) webpage

You can find information about the organisations NHS England has shared information from the
NCMP at NHS England's [National Child Measurement Programme](#) webpage