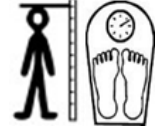




Nottingham  
City Council



Nottingham City Council  
Loxley House  
Station Street  
NG2 3NG

28<sup>th</sup> January 2025

Dear parent/carer,

### **Height and weight checks for children in reception and year 6 in 2025**

Every year the height and weight of reception and year 6 children in schools in England are measured. This is called the National Child Measurement Programme (NCMP). We know how important your child's health is to you and looking after your child's healthy growth is an important part of that. We hope you can use this information to add to the full picture that you have of your child's health. It is also important to know how children are growing so that we can provide the best support.

Maintaining the wellbeing of children during the NCMP is very important. Trained health staff from Nottingham CityCare carry out the measurements. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. Children will not be made to take part on the day if they do not want to.

Staff will work in a sensitive and safe way, in line with your school's safety plans and national guidance for schools and healthcare. Teachers, other children or other parents will not see the information.

### **What happens after children are weighed and measured?**

Your child's measurements will be added to their health record which can be seen by their GP and other health professionals. After the information is de-personalised so that your child cannot be identified, it will be submitted for national analysis. More details on how we process your child's information are provided at the end of this letter.

If your child is a healthy weight, we will not contact you.

If your child is not a healthy weight, we will send you a letter containing information to support your family's efforts with eating and moving for good health. It is your choice if you share the information with your child.

Whatever your child's individual measurement, taking opportunities to help them be active and eat a healthy diet is good for their future health and happiness. For more information on healthy lifestyle choices visit [Healthier Families - Home - NHS \(www.nhs.uk\)](http://www.nhs.uk/healthier-families)

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](http://www.nhs.uk/healthy-steps) webpage or scan the QR code:



You can find further information about the NCMP at [The National Child Measurement Programme](http://www.nhs.uk/the-national-child-measurement-programme)

Click here to watch a video about the NCMP: [Map Me](#)

**Next Steps: What do parents/carers need to do?**

If you are happy for your child to be weighed and measured	You do not need to do anything
If you do NOT want your child to take part, or if child has a medical condition that affects their height or weight	Please tell your school as soon as possible

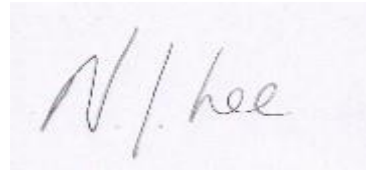
If you would like further support or to speak to someone about your child's weight, please contact the Children's Health Advice Hub on **0300 300 0040** between 8.30 am and 5 pm, Monday to Friday.

Thank you for your support with this important programme.

Yours sincerely,



Lucy Hubber  
Director of Public Health  
Nottingham City Council



Nicholas Lee  
Director of Education 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 found at [www.thrivingnottingham.org.uk](http://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.