

The School Health Team
Hollyfield House
Hollyfield Road
Surbiton
KT5 9AL

Tel: 020 8549 6323

KU19-SchoolHealth@yourhealthcare.org

www.yourhealthcare.org

Dear Parent/Guardian,

Re: Measuring the height and weight of children in reception and year six

Every year in England, school children in reception and year six have their height and weight measured as part of the National Child Measurement Programme (NCMP). Height and weight measurements are used to calculate children's weight category. We collect this information to build a picture of how children are growing, to help plan better health, wellbeing and leisure services for families. The Royal Borough of Kingston Upon Thames commissions the School Health team from Your Healthcare to deliver this programme.

The enclosed pre-measurement leaflet provides you with more information about the programme. You will also find an enclosed leaflet with information about local services to support families with healthy lifestyles.

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

Taking the measurements and maintaining the wellbeing of children in the NCMP

Measurements will be carried out by trained staff from the School Health team and delivered in line with the national guidance for delivery of the NCMP. Children will remain fully dressed except for coats and shoes.

The wellbeing of children is very important and measurements are conducted in a sensitive way, in private and away from other children. Children are not made to take part on the day if they do not want to. Research is ongoing to ensure that the NCMP continues to be safe and done in a supportive way.



Your Healthcare Community Interest Company

Individual results are not shared with your child or with their school. The weight and height information is shared only with you, via a letter. It is your choice to share or not share the information with your child.

If you are concerned about your child's growth, weight, body image or eating patterns, the School Health team is available to support you and your child. You may also find the 'talking to your child about weight guide for parents' helpful. This can be found [here](#)

The information we collect and what it is used for

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 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.



Your Healthcare Community Interest Company

Why we need your contact details

We need your address to send you your child's feedback letter. This will include your child's measurements, their weight category and information about healthy eating, being active and the support available to you in Kingston. The letter will be sent to the address held by your child's school, up to six weeks from the date of their measurements. The letter will include general advice on healthy eating and being active as well as information about local services.

If you have moved home since September 2024 and have not informed your school about your change of address, please contact the School Health team by phone or email with your new address to ensure your child's results are sent to the correct address. Please include your child's full name, date of birth and school.

You may receive a phone call from the School Health team to offer support and advice if your child's weight is outside the healthy range.

How the information is used

All the information 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 the Royal Borough of Kingston Upon Thames Local Authority. Your child's information will be stored as part of the local child health record on the NHS's child health information database and their Your Healthcare School Health record.

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 Department of Health and Social Care (DHSC) but in a de-personalised form only. This means OHID will not be able to identify your child.



Your Healthcare Community Interest Company

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.

Withdrawing your child from the National Child Measurement Programme

If you do not want your child to take part, please let the School Health team know by calling 020 8549 6323 or by emailing: KU19-SchoolHealth@yourhealthcare.org. Please ensure you include your child's name, date of birth and school. It is also helpful if you can state the reason why you do not want your child measured. You can withdraw your child from the programme at any time prior to the session date which will be at least two weeks from receipt of this letter. Children will not be made to participate on the day if they do not want to.

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

Further information

You can find further information about the NCMP at The National Child Measurement Programme NHS webpage [here](#) or we recommend watching the short video with information for parents by clicking [here](#).

You can find information and fun ideas to help your children stay healthy at the NHS Better Health: healthier families webpage Easy ways to eat well and move more [here](#).

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



Your Healthcare Community Interest Company

and tasty recipes on a budget. You can sign up to NHS Healthy Steps - Step this way webpage [here](#).

Information about how Your Healthcare collects, securely stores and uses information can be found in the enclosed 'your information' leaflet on the Your Healthcare website [here](#).

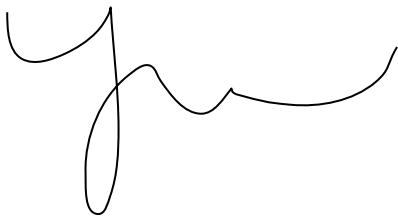
You can find information about how NHS England and DHSC collect and use information at:

- 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 the National [Child Measurement Programme](#) webpage.

If you have any questions or would like to provide any feedback about the NCMP, please do not hesitate to contact the School Health team on the contact details at the top of this letter.

Yours faithfully,



Laura MacLehose

Acting Director of Public Health
Royal Borough of Kingston upon Thames



Karen Long

School Health Service Lead
Your Healthcare CIC



Your Healthcare Community Interest Company