Wirral Community Health and Care
NHS Foundation Trust

Health Promotion Team
Wirral Community NHS Foundation Trust
St Catherines Health Centre
Birkenhead
Wirral
CH42 0LQ
Tel: 0151 514 0219

www.wchc.nhs.uk

Dear parent / carer

Height and weight checks 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. This is called the National Child Measurement Programme (NCMP). The checks are carried out by registered school nurses or trained health and care providers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. The animation below explains the process of the NCMP and why it is important. It will guide you through what it involves, how your child's data is collected and processed and what it will be used for.

You can watch the NCMP process animation or use the QR code below.

Why do we need to measure children?

Children's height and weight measurements are collected to build an understanding of how children are growing. The information from the NCMP is used by local councils and the NHS to plan the provision of health and leisure services for families to promote healthier growth in children.

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Chief Executive: Janelle Holmes

In most areas, parents receive their child's measurement data, because this can be useful information about their child's growth. It also provides an opportunity to offer support to parents where required.

Local support

If you would like to talk to someone about the NCMP and your child's health and growth, Wirral Community Health and Care trust offers support to families in developing healthy lifestyles, including the Henry programme. Support can be offered within small groups online or face to face and via individual support.

Find HENRY Support Near You | HENRY

Please contact the team on wchc.lets.talk@nhs.net if you would like more information on accessing additional support. This email is monitored Monday to Friday 09:00-17:00.

What information is collected and why

Your child's height, weight, age, sex, and date of birth are collected to calculate their weight category (also known as child body mass index).

Your child's ethnicity and address are collected to monitor differences in child growth and weight between ethnic groups, where children live and their backgrounds.

Your child's name, date of birth and NHS number are collected to link their measurements from reception and year 6 to other information from health and education records held by NHS England, the Department of Health and Social Care and the Department for Education, where it is legal to do so.

Information about how personal information and data is collected and stored

You can read more about how the Department of Health and Social Care collects, stores and uses your child's information and data in the National Child Measurement Programme privacy notice.

You can read more about how NHS England collects, stores and uses your child's information and data at National Child Measurement Programme (NCMP): GDPR information.

At the NHS England National Child Measurement Programme webpage you can read more about:

- taking part in the programme
- how your data is collected
- how your data is used

You can read more about how WCHCT collects, stores and uses your child's information at GDPR_ServiceUserPrivacyLeaflet_V7.pdf

How you can withdraw your child from participating in the NCMP
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 let us know using the contact details provided below within 10 working days.

0-19 health and wellbeing service on 0151 514 0219 (Please note if you wish to withdraw from the programme at **both reception and year 6,** a withdrawal of consent is required **at both time points) Children will not be made to take part on the day if they do not want to.**

How is a child's mental health and wellbeing considered in the NCMP
The wellbeing of children and families is very important to the programme. Measurements are conducted in a sensitive way, in private and away from other children. Individual feedback is not shared with your child or their school.

The weight and height information is shared only with you, through a parent feedback 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, seek further support from a school nurse or GP.

Further information
You can find information and fun ideas to help your kids stay healthy at the NHS Better Health: healthier families webpage Easy ways to eat well and move more.

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.

You can find further information about the NCMP at The National Child Measurement Programme NHS webpage.

School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme

PARENTS ARE NOTIFIED



Parents receive a letter about measurement day at their child's school. The letter tells parents how children are measured, what data is collected, and why.

SCHOOL HEIGHT & WEIGHT CHECKS

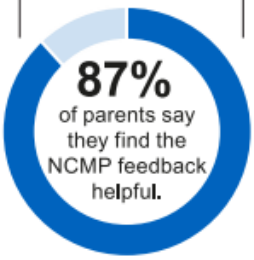


Measurements are carried out by trained staff e.g. school nurse assistant. Children take off their coat and shoes for a more accurate measurement.

PARENTS' FEEDBACK LETTER



Most areas send parents a confidential letter about their child's weight status within 6 weeks of measurement.



PARENTS' ACTION

A parent can speak to their school nurse or GP for further advice and support about their child's weight and growth.



Parents can visit the **children's weight** page at Better Health - Families for tips on healthier changes.

Parents can monitor their child's weight by visiting the **NHS healthy weight calculator.**

DATA USE

The data is held by the local authority and sent to NHS Digital and Department of Health and Social Care, where it is stored securely and used for analysis.
It builds a picture of how children are growing to help plan better health and leisure services for families.



Every year in England, over a million children in Reception (aged 4-5) and Year 6 (aged 10-11) have their height and weight measured to calculate their weight status.

What we know from the data collected so far

- Most children in Reception and Year 6 are a healthy weight.
- Around one in ten children in Reception is very overweight. This doubles to one in five children by year 6.
- The number of very overweight children in Year 6 is increasing year on year
- Most children who are overweight in Reception will remain so or become even more overweight for their age by year 6 without action to achieve a healthier weight.

Because many children are overweight, we are all becoming used to seeing heavier children as the norm. It means we cannot always tell when a child is overweight. That is why many parents find it helpful to have an objective measurement of how their child is growing. More than 8 in 10 parents say this information is helpful and they can then make decisions about their child's lifestyle and wellbeing to make changes, or seek support if necessary.

Why achieving a healthy growth is important

When children are a healthy weight, they feel better about themselves. They find it easier to play and learn. And they are more likely to grow up healthy too. Helping them to be a healthier weight when they are a child can set up their health and wellbeing for life.

You can encourage the whole family to enjoy eating healthily and being active which will help your child achieve and maintain a healthier weight. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.

For more information on helping your family lead a healthy life, please turn over.

Department of Health & Social Care

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Wirral Community Health and Care NHS Foundation Trust
Chair: Professor Michael Brown CBE DL
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Better Health Let's do this

NHS

Better Health Families is here to help your family be healthy and happy

Sign up for NHS Healthy Steps emails

Better Health Let's do this

Sign up for 8 weeks of Healthy Steps emails to help your family make small changes to make a big difference. We'll send you lots of budget-conscious, simple family recipes, fun games and healthy swaps!

Visit **healthysteps.uk** or scan the QR code to get started!

Be Sugar Smart

Kids are having over double the amount of sugar than they should. Too much sugar is bad for teeth and can lead to weight gain. But don't worry, we have some simple swaps to help you be sugar smart and cut back.



Sugary drinks are bad for teeth and lead to decay. Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks. Limit fruit juice to no more than 150ml a day and stick to meal times.



Eating breakfast every day is important, but some breakfast choices have much more sugar than you think. Opt for plain porridge, shredded wholegrain or plain wholewheat biscuit cereals. Help your kids towards their 5 a Day by adding in chopped fruit.

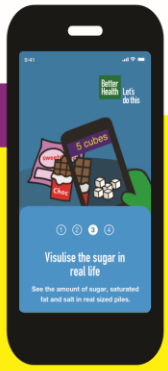
Sugary snacks can all add up! Fruit and vegetables are always the best snack. But when choosing packaged snacks, stick to two a day max.

See what's really inside your food and drink

Food scanner

Download the FREE NHS Food Scanner app to see how much sugar, salt and saturated fat are in your favourite food and drinks, and to find healthier swaps.

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