

November 2019

Dear Parent / Carer

### **Height and weight checks for children in Reception and Year 6**

Every year in England, children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP). Your child's class will take part in this year's measurement programme.

The measurements will be done by trained school nursing staff at school in a private space away from other pupils. Children will be measured fully clothed except for their coats and shoes. The information collected by us includes your child's height and weight measurements together with their name, date of birth, gender, address, postcode, NHS number and ethnicity. No individual measurements will be given to school staff or other children, and all information will be treated confidentially and held securely by us.

#### **To receive your child's results**

Your child's measurements will be available six weeks after measuring. If you would like to receive your child's results please send an email to [SouthSomersetSN@somerset.gov.uk](mailto:SouthSomersetSN@somerset.gov.uk) providing the following information: your child's full name, their date of birth, their school year (i.e. Reception or Year 6) and the school they attend. You will also need to provide your name and a telephone contact number. You can also use this email address to request to speak to a school nurse in confidence about your child's height or weight.

#### **General Data Protection Regulation (GDPR)**

Somerset County Council is fully GDPR compliant. This means the information collected from schools will be gathered together and held securely by Somerset County Council. Your child's information will be stored on their local child health record on the child health information database. No individual measurements will be given to school staff or other children, and all information will be treated confidentially.

All the information collected about children is sent by us to NHS Digital and Public Health England. Both NHS Digital and Public Health England will use the information from the National Child Measurement Programme to better understand numbers and trends in child weight and body mass index (BMI). This helps with the planning of services to support healthy lifestyles in your area. No information will ever be published by NHS Digital or Public Health England that identifies your child.

**Withdrawing your child from the National Child Measurement Programme**

If you are happy for your child to be measured, you do not need to do anything. Research tells us that most parents and carers have no objection to their child being measured. However, if you **do not** want your child to participate, please complete and return the form at the end of this letter and your child will not be measured. Children will not be made to take part on the day if they do not want to.

For further information about the National Child Measurement Programme including the National Child Measurement Programme Factsheet for Parents, Change4Life resources and General Data Protection Regulations (GDPR) go to our Public Health website at: [cypsomersethealth.org](http://cypsomersethealth.org) or contact your child’s school.

Yours sincerely

Julian Wooster  
Director of Children’s Services  
Somerset County Council

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Director of Public Health  
Somerset County Council



**OPTING YOUR CHILD OUT OF THE NATIONAL CHILD MEASUREMENT PROGRAMME**



Please complete and return this form to your child’s school office if you **do not want your child to participate**.

**I do not wish for my child to be weighed and measured.**

Child’s name: \_\_\_\_\_ Year: \_\_\_\_\_ Class: \_\_\_\_\_

Child’s school: \_\_\_\_\_

**Reason for opting out (please tick):**

- My child has a health issue which affects their weight
- My child is overweight / underweight, and I would prefer they were not measured at school, but I would like some information about healthy weight
- I do not wish to say

Any other comments: \_\_\_\_\_

Parent/Carer’s name: \_\_\_\_\_ Signature: \_\_\_\_\_

**Please return this form to your child’s school office**