

Date: 22 September 2022



Public Health Directorate  
Eastfield House  
5 Latham Road  
Huntingdon  
PE29 6YG

Dear Parent/Carer,

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

Each year in England, school children in Reception and Year 6 have their height and weight checked at school as part of the National Child Measurement Programme (NCMP). This is a mandatory function of all local authorities, including Cambridgeshire County Council. Your child's class will be asked to take part in this year's programme.

Height and weight measurements are used to calculate weight status, where appropriate. This helps the local authority and NHS to plan the provision of services to support healthy lifestyles for children and families in the area.

Cambridgeshire County Council commission the organisation Everyone Health ([www.everyonehealth.co.uk](http://www.everyonehealth.co.uk)) to provide the National Child Measurement Programme locally, under the brand 'Healthy You'. The checks are carried out by trained school nurses or trained health care providers. 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.

Please note that children must be able to stand on the scales unaided in order to take part in the NCMP. If your child has a medical condition that affects their height or weight, or their ability to stand on the scales unaided, and you are unsure about whether they should be included in the National Child Measurement Programme, please contact the NCMP team using the contact details at the bottom of this letter.

Once completed, Everyone Health will send you a feedback letter, which will be posted to your home, addressed to the Parent/Carer of 'child's name'.

We are currently asking parents for their views on the wording of this feedback letter and we would be really grateful if you would consider completing our short survey at the link below:

<https://www.smartsurvey.co.uk/s/UZTGBK/>

## **Maintaining the well-being of children in the NCMP**

The wellbeing of children and families is very important to us. Measurements are conducted in a sensitive way, in private and away from other children. Individual results are not shared with your child or their school. The emotional impact of the NCMP has been researched and studies show that body image, self-esteem, weight-related teasing and restrictive eating behaviours do not change as a result of being measured or receiving feedback. If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a school nurse or GP.

## **The information we collect and what it is used for**

The information collected by Everyone Health on behalf of Cambridgeshire County Council includes your child's height and weight measurements together with their full name, age, date of birth, gender, home address (including postcode) and ethnicity. All data is held securely and is only used for the purposes of the NCMP. Further information about why and how we collect data as part of the NCMP can be found here: <https://healthyyou.org.uk/services/ncmp/>

## **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. If you do not want your child's height and weight to be checked, please email [eh.ncmp.healthyyou@nhs.net](mailto:eh.ncmp.healthyyou@nhs.net) with your child's official name, date of birth, school and year group confirming you would like to opt out your child. **The deadline for opting out is Friday 14<sup>th</sup> October 2022.**

## **Further information**

Further information about the NCMP can be found within our new local video which is on our Healthy You website - [www.healthyyou.org.uk/services/ncmp/](http://www.healthyyou.org.uk/services/ncmp/)

There is also more information about the NCMP on the NHS website at [www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme](http://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme)

Information, support and fun ideas to help your family stay healthy can be accessed via our local Healthy Families Nutrition and Physical Activity Directory: [www.healthyschoolscp.org.uk/healthy-families-nutrition-and-physical-activity-directory/](http://www.healthyschoolscp.org.uk/healthy-families-nutrition-and-physical-activity-directory/)

If you have any questions or would like any further information, please contact the NCMP Team on 0333 005 0094 or at [eh.ncmp.healthyyou@nhs.net](mailto:eh.ncmp.healthyyou@nhs.net).

If you would like to speak to someone within the local authority, please contact Val Thomas on 07884 183374 or at [val.thomas@cambridgeshire.gov.uk](mailto:val.thomas@cambridgeshire.gov.uk).

Yours faithfully,



Val Thomas  
Deputy Director of Public Health  
Cambridgeshire County Council



Jonathan Lewis  
Service Director - Education  
Cambridgeshire County Council