

September 2025

Dear Parent or 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 as part of the National Child Measurement Programme (NCMP). Height and weight measurements are used to calculate weight status. We collect this information to help understand how children are growing to help plan better health and leisure services for families.

In most areas, parents receive their child's measurement data, because this can be useful information about your child's growth and provides an opportunity to offer support to you should it be required. Your child's class will take part in this year's programme.

The School Nursing team from Guys & St Thomas' NHS Foundation Trust (GSTT) will take the measurements in a safe way in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

The checks are carried out by registered school nurses or trained health and care staff. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. You can watch the [NCMP process animation](#) webpage: The animation 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.

### **Your child will be measured between October and June**

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

The wellbeing of children and families is very important. Measurements are conducted in a sensitive way, in private and away from other children. Research is ongoing to ensure this continues to be done in a supportive way.

Individual results are not shared with your child or their school. The weight and height information is shared only with you via a parent feedback letter and/or telephone call. 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.

### **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 Guys and St Thomas NCMP provider collects, stores and uses your child's information at [www.evelinalondon.nhs.uk](http://www.evelinalondon.nhs.uk) How is my child's data used

### **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 together with information about healthy eating, being active and related activities available in your area.

We need your phone number because we may:

- contact you by phone to discuss your child's feedback
- offer you further support following your child's height and weight measurement

### **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](http://www.nhs.uk/healthier-families/).  
Web page: [www.nhs.uk/healthier-families/](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://healthysteps.betterhealth-healthierfamilies.co.uk/).

Web page: [healthysteps.betterhealth-healthierfamilies.co.uk/](http://healthysteps.betterhealth-healthierfamilies.co.uk/)

You can find further information about the NCMP at [The National Child Measurement Programme](http://www.nhs.uk/healthier-families/) NHS webpage.

Children who are measured as very overweight could also have their information shared with their GP. They may be able to offer further support and advice, and refer children to other services who can support children measured as very overweight.

Once your child's height and weight are checked, the School Nursing team will send you your child's results through the post or via email. If you do not receive your child's result within 6 weeks of measurement, please contact Denise Phillips, Nurse

Manager for School Nursing on [denise.phillips10@nhs.net](mailto:denise.phillips10@nhs.net) or by phone 07824461120.

If you would like any further advice regarding healthy lifestyles or your child's weight please contact the School Nurse Service duty desk by phone on 020 3049 4777 or by email: [gstt.schoolnurseadmin@nhs.net](mailto:gstt.schoolnurseadmin@nhs.net)

Yours sincerely,



Ruth Hutt  
**Director of Public Health**  
**London Borough of Lambeth**

### **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 measured, or your child has a medical condition that affects their height or weight please let your school know by completing the form below and handing it into your school before your school's measurement take place.

Children will not be made to take part on the day if they do not want to.

### **Further information**

Further information about the NCMP can be found at [The National Child Measurement Programme](#) NHS webpage.

You can find information and fun ideas to help your kids stay healthy at the NHS Better Health: healthier family's website [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](#) webpage or scan the QR code:



Information about how NHS England and Office for Health Improvement and Disparities collect and use information can be found at:

- NHS England [How we look after your health and care information](#) webpage
- The DHSC [Personal information charter](#) webpage

### **Opting your child out of being weighed and measured**

Return this form to your school if you **DO NOT** want your child to participate.

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Form 1: Opt-out slip

I **do not** wish my child to be weighed and measured for the National Child Measurement Programme.

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

Child's school: \_\_\_\_\_

Parent/carer Name: \_\_\_\_\_

Parent/carer signature: \_\_\_\_\_

Please return to: **the school.**