

The Lancashire Healthy Young People and Families Service
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School: Willow Lane

Date of Measurement: 13th March 2023

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. Height, weight, age, and gender are used to calculate your child's weight status. We collect this information because it is in the public interest to understand how many children are overweight, healthy weight or underweight. Your child's class will take part in this year's programme.

The wellbeing of children and families is very important. Measurements are conducted in a sensitive way. 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 because 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.

The checks are carried out by trained school nursing staff. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. The programme will be delivered in a COVID-safe way, in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

The information collected by us includes your child's height and weight measurements together with their name, date of birth, gender, home address and postcode, NHS Number, and ethnicity. This information about your child is needed because their age, gender, ethnicity, and the place they live are known to affect their height and weight. Their name, date of birth and NHS Number is needed to link your child's measurements to other information about your child. All this information is treated confidentially and held securely by us. It will not be shared with your child's school or with other children.

After the checks, we will **only** send you your child's measurements if your child's weight falls within the underweight, overweight, or very overweight weight range. We will also send information on healthy eating and being active. You may also be contacted by telephone to discuss your child's measurements.

If your child's weight falls within the healthy weight range, you will not receive a letter.

If you wish to receive your child's measurements regardless of the result, please let us know using the contact details at the top of this letter within 8 weeks of receiving this letter.

The information collected from all schools in the area will be gathered and held securely by Virgin Care. We will store your child's information on their local child health record. No individual measurements will be given to school staff or other children, and all information will be treated confidentially.

All the information collected about your child as part of the National Child Measurement Programme will be sent by us to NHS Digital. NHS Digital is responsible for collecting health and care information to check how the NHS and social care services are doing, and to use this to improve the care provided to people across England.

The information collected about your child will also be shared by NHS Digital with Public Health England but in a de-personalised form only. This means Public Health England will not be able to identify your child. Public Health England is responsible for working to protect and improve the nation's health.

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.

If your child was previously measured for the National Child Measurement Programme, NHS Digital may link your child's current and previous height and weight measurements. It may also link their measurements with other information it holds about your child such as their dental survey results or the reasons for any visits they may have made to hospital. Linking your child's information in this way helps better understand how and why the weight status of children is changing.

De-personalised information from the National Child Measurement Programme may also be shared by NHS Digital 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, and NHS Digital only ever shares information for research with the approval of an independent group of experts.

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 let us know before the date of measure using the team contact details listed at the top of this letter to ensure your child is opted out in time. Children will not be made to take part on the day if they do not want to.

Further information

Further information about the National Child Measurement Programme can be found at <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>

Information and fun ideas to help your kids stay healthy can be found at <https://www.nhs.uk/change4life>

Information about how we collect and use information can be found at <https://www.virginicare.co.uk>

Information about how NHS Digital and Public Health England collect and use information can be found at: <https://digital.nhs.uk/about-nhs-digital/our-work/keeping-patient-data-safe/how-we-look-after-your-health-and-care-information> and <https://www.gov.uk/government/organisations/public-health-england/about/personal-information-charter>



Information about the organisations NHS Digital has shared information from the National Child Measurement Programme can be found at

<https://digital.nhs.uk/services/national-child-measurement-programme>

Yours faithfully

A handwritten signature in black ink, appearing to read 'M Shaw'.

Marianne Shaw
Service Manager
The Lancashire Healthy Young People and Families Service