

Academic Year 2025/26

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This document can be provided in other formats and languages, please contact us:

Haddii aad u baahatid dukumentigan luqad kale, fadlan tag:

إذا كنت تحتاج إلى هذا المستند بلغة أخرى ، فيرجى الانتقال إلى:

Jeśli potrzebujesz tego dokumentu w innym języku, przejdź do:


Dear Parent/Guardian,

Height and Weight Checks for Children in Reception and Year 6:

As part of the National Child Measurement Programme (NCMP), all children in Reception and Year 6 are offered height and weight checks at school each year. These checks help monitor children's growth across the country and help the NHS and local councils in planning health and leisure services to support healthy lifestyles. Your child will have the opportunity to take part in this year's programme, along with the rest of their class.

What Happens During the Check

- Checks are carried out by trained school nursing staff
- **Reception** children are measured in small groups; **Year 6** children are measured individually
- Children remain fully clothed, removing only coats and shoes
- The process is done sensitively and in private
- Children are **not told** their results, and schools do **not receive** individual data

You can watch a short video explaining the process:  [NCMP Process Animation](#)

Your Child's Results

Once the check is complete:

- You will receive a letter with your child's height, weight, and body mass index (BMI) category
- This letter will also include tips for healthy living
- A nurse may call you to offer support or answer questions

You are not required to share this information with your child unless you wish to.

What Data is Collected and Why

The following details are collected:

- **Height, weight, age, sex, and date of birth:** used to calculate BMI
- **Ethnicity and home address:** helps understand growth trends in different communities
- **Name, NHS number, date of birth:** helps match records from Reception and Year 6 and combine with health and education data (where legally allowed)

Your **email and phone number** may be used to:

- Offer further support if needed

How the Data Is Stored and Used

All data is stored securely and confidentially. It is never shared with school staff or other children.

- Results help improve local and national services for children's health
- De-identified (anonymous) data is used for research and planning
- Data is shared with: **NHS England, The Office for Health Improvement and Disparities (OHID), Your child's GP, Researchers and approved organisations**, where appropriate

Important: Your child will **not be identified** in any published statistics or reports.

More details on how your child's data is used and protected:


 [NCMP Privacy Notice](#)

 [NHS England GDPR Info](#)

Taking Part

If you're happy for your child to be measured, **you don't need to do anything**.

If you **do not** want your child to take part, or your child has a medical condition that affects height or weight:

- Please complete the **opt-out form** below and return it to
 sirona.ns.schoolhealthreview@nhs.net by **Friday 24th October 2025**

Children can choose not to take part on the day if they do not want to.

More Information & Support

- National Child Measurement Programme Information: bit.ly/NCMPInfo
- Tips for healthy families: bit.ly/HealthFamilyTips
- Sirona's Privacy Policy: sirona-cic.org.uk/policies/
- NHS England Data Safety: bit.ly/NHSEDataSafety

If you are concerned about your child's growth, weight, body image, eating patterns, physical activity or oral health your school nursing team or your doctor / General Practitioner (GP) can provide further support.

**Yours faithfully,
School Nursing Team**

**Opt-out Form
for National Child Measurement Programme**

**Only complete this form if you do not wish for your child to be weighed and measured.
Please return it by Friday 24th October 2025.**

Child's Name:	<input type="text"/>	Date of Birth:	<input type="text"/>
Name of School:	<input type="text"/>	Ethnicity of Child:	<input type="text"/>

I do not wish my child to take part in the National Child Measurement Programme

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This form must be signed by a person with parental responsibility

Signature:	<input type="text"/>	Date:	<input type="text"/>
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Print name:

Relationship to child:

We will weigh and measure your child unless you opt out by ticking the box above.

If you do not return a completed form **by Friday 24th October 2025**, your child will participate in the National Child Measurement programme.

If your child moves to a different school during the academic year, please ensure that you inform your child's school if you do not want your child to take part.

If you have decided to opt your child out of the programme, please return this form by email to:
sirona.ns.schoolhealthreview@nhs.net