

Date: 07 September 2022



Public Health Directorate  
Sand Martin House  
Bittern Way  
Fletton Quays  
Peterborough  
PE2 8TY

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). Whilst this is not mandatory within special schools, locally we will be including special schools in the 2022/23 academic year. 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.

Peterborough City 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.

**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.

Everyone Health will send a post-measurement letter to your home address containing information about healthy eating and being active, as well as sources of local and national support and resources. The letter will be addressed to your child. We are aware that there may be challenging factors that impact on your child's weight, and/or you may already be receiving clinical support. Therefore, your child's result will not be shared with you within the post-measurement letter. If you would like to know your child's result, you will be given instructions on how to request this within your post-measurement letter.

## 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, and will only be shared with you if you request this following receipt of your post-measurement letter. 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 General Practitioner.

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

The information collected by Everyone Health on behalf of Peterborough City 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 23<sup>rd</sup> September 2022.** 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 [www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme](http://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme)

Information and fun ideas to help your family stay healthy can be found at <https://www.nhs.uk/healthier-families/>

If you have any questions or would like any further information about the NCMP, 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  
(working across Peterborough City Council)



Jonathan Lewis  
Service Director – Education  
Peterborough City Council