

Walsall Healthcare NHS Trust

School Nursing Service
Harden Health Centre
Harden Road
Walsall
WS3 1ET

Telephone: 01922 423349

Email: childmeasurement.walsall1@nhs.net

Dear Parent / Guardian

Height and weight checks for children in Reception and Year 6

Each year in England, your school nursing service check the height and weight of children in Reception and Year 6, as part of the National Child Measurement Programme (NCMP). Height and weight measurements are used to calculate weight status. We collect this information because it is important to understand how your child is growing and developing, to ensure they are getting the best start in life. Your child's class will take part in this year's programme.

Things you should know:

- ✓ All checks are carried out by registered school nurses or trained health care providers from Walsall Healthcare NHS Trust.
- ✓ Children will be measured fully clothed, except for their coats and shoes.
- ✓ Measurements will take place in a private space, away from other pupils.
- ✓ The programme is delivered in a COVID-safe way, in line with school and local authority's safety control measures and national guidance.

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. **Individual results are not shared with your child or their school.** The weight and height information is shared only with you in the parent or carer feedback letter. It is your choice entirely if you wish to share the information with your child. If you are concerned about your child's growth, weight, body image or eating patterns, please seek further support from a school nurse by calling 01922 423349 or General Practitioner.

The information we collect and what it is used for is listed below:

Your child's date of measurement, sex & date of birth	Your child's name, date of birth & NHS Number
<ul style="list-style-type: none">• This is used to calculate your child's weight category.	<ul style="list-style-type: none">• This is used to link your child's measurements in Reception and Year 6.

Other data sets held by NHS Digital and Department of Health & Social Care, may also be linked, as this would let us add information from health and education records, where lawful to do so. This will help us to understand how and why the weight of children is changing; how this affects children's health and education and how we can improve the care children receive.

All of the data collected is also used for improving health, care and services through research and planning.

How the data is used

The information collected from all schools in the area will be gathered together and held securely by Walsall Healthcare NHS Trust in line with national guidance. All the information collected about your child will be sent by us to NHS Digital. NHS Digital is responsible for collecting data and information about health and care so that this can be used to monitor and improve the care provided to people across England.

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

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 contact the team on 01922 423349 or email childmeasurement.walsall1@nhs.net before **Wednesday 4th March 2026** with your child's name, date of birth and school attended.

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

Yours faithfully,

**School Nursing Service
Walsall Healthcare NHS Trust**

Further information

Scan me for further information about the National Child Measurement Programme



Scan me for information and fun ideas to help your kids stay healthy



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.

Scan the QR code or visit healthysteps.uk to sign up.



Scan me for information about how NHS England and Office for Health Improvement and Disparities collect and use information



How your child's data is collected and processed as part of the National Child Measurement Programme (NCMP)

- Local authorities have a legal duty to collect the NCMP data. They do this by following guidance from the Office for Health Improvement and Disparities, which is part of the Department of Health and Social Care (DHSC).
- Local authorities are responsible for making decisions on how the data is collected and for making sure it is protected.
- Local NCMP service providers are contracted to carry this out; this might be through the school nursing team or a local healthcare providers. The team collecting the data enter it into the NCMP IT system, which is provided by NHS England.
- The data may also be entered into a local child health information system.
- Your local authority is responsible for sending the data to NHS England.
- NHS England and the Office for Health Improvement and Disparities are jointly responsible for the data held at a national level.
- Your local authority is responsible for the data held locally.

The diagram below displays what happens to your child's data as part of the NCMP.

