



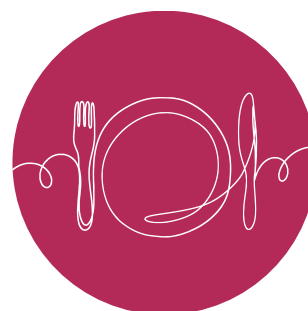
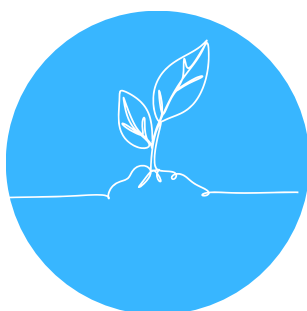
National Child Measurement Programme

HEIGHT & WEIGHT CHECKS FOR CHILDREN IN RECEPTION AND YEAR 6

What is NCMP?

Every year in England, children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP). Your child's class will take part in this year's programme. If your child is absent on the day, one further attempt will be made to complete this. Information about the way measurements are taken and how the data is used, can be found in the attached leaflet.

Data from the NCMP shows national and local trends in children's growth over time. It is important that we understand this, so that advice and information can be given to support children and their families. This data supports Durham County Council (and Healthy Families County Durham working on their behalf) to work together with our families to ensure that we can all access healthier options and are able to move well as part of our daily lives.



After your child has been measured, there are two possible outcomes:

- If your child is growing as expected, you will not receive a letter. However, if you would like to receive your child's measurements please contact us.
- If your child is outside the healthy weight range, you will receive a letter which includes information about healthy lifestyles and support that is available from Healthy Families County Durham . We may contact you by phone to discuss their results and can offer you advice and support.

Some parents and carers may find receiving the letter upsetting and may feel:

SHOCKED
OR
CONFUSED

"I don't understand how he/she can be overweight, they eat healthy and exercise"
"Is it not because he/she is taller than other children?"

FEARFUL

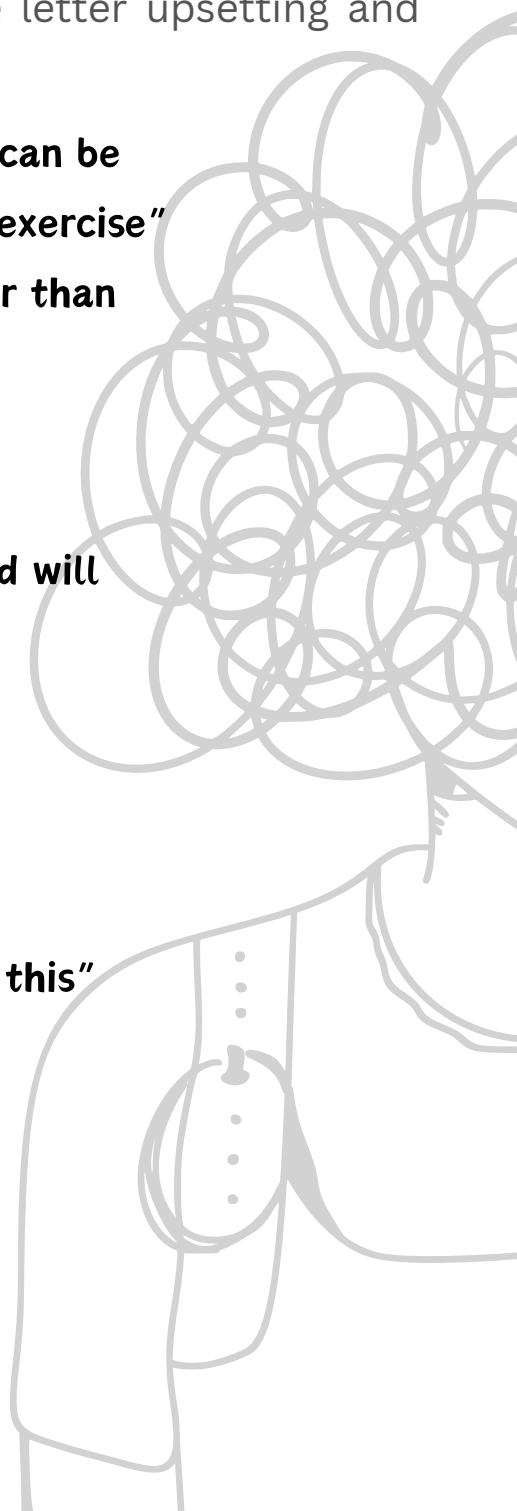
"I am scared that telling my child will give them an eating disorder"

ANGRY

"I find the letter offensive"
"It's wrong to label children like this"

GUILTY

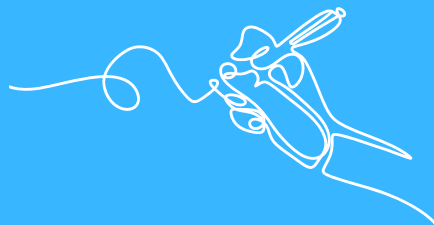
"Is it my fault?"
"Am I to blame"



We understand that weight is a difficult subject for many of us. The results letter is simply a way of giving you information about your child's growth based on their screening measurements. We hope that this will help you to make informed choices to support your child's health and wellbeing.

Easy access to fast food and the cost of buying food can make it difficult for parents and carers to provide a healthy balanced diet to their children. If you want support or advice about growth and healthy lifestyles, you can call our health team on 03000 263 538.

If you are happy for your child to be measured, you do not need to do anything. Children will not be made to take part on the day if they do not want to.



If we do not hear from you within 2 weeks of this letter being sent, your child will be measured in school.

If you do not want your child to take part in the National Child Measurement Programme, please contact the Growing Healthy Service;

Via secure email - hdft.schoolscreeners@nhs.net
or Telephone; 03000 263538, option 1

Please ensure you include your child's name, school, date of birth and address in any correspondence.

USEFUL LINKS FOR FURTHER INFORMATION

Click to access or use QR codes



NHS

The National Child Measurement Programme



Growing Healthy Durham



hdftchildrenshealthservice.co.uk



03000 263 538 (9am-5pm, Mon- Fri)



Download our interactive Growing Healthy 0-19 app



Data Collection

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. Data may be disclosed by the local authority to a health professional who is able to provide advice and support to families with the aim of promoting and assisting improvement in a child's health.

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](#) - GOV.UK

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 National Child Measurement Programme (NCMP) - NHS England Digital webpage where 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 Harrogate and District Foundation Trust collects, stores and uses your child's information via the HDFT Privacy Notices which available on our Trust website

<https://www.hdft.nhs.uk/privacy-notices> or you can request a copy from us if you do not have access to the internet.