



Screening Team  
Alexandra Park Health Centre  
2 Whitswood Close  
Manchester  
M16 7AP  
Tel: 0161 529 6550  
0161 529 6549

**Email: [mft.school-nurses-screening@nhs.net](mailto:mft.school-nurses-screening@nhs.net)**

Dear Parent/Carer,

### **Height and weight checks for children in Reception and Year 6**

Every year in England, school children in reception and year 6 have their height and weight checked at school. This is called the National Child Measurement Programme (NCMP). The checks are carried out by trained staff from the School Health Service, provided by the Manchester Local Care Organisation.

Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. You can watch the [NCMP process animation](#) for more information about the process and why it is important.



It will guide you through what it involves, how your child's data is collected and processed and what it will be used for. You can also access it using this QR code on the right.

### **Why do we need to measure children?**

Children's height and weight measurements are collected to build an understanding of how children are growing. The information from the NCMP is used by local councils and the NHS to plan the provision of health and leisure services for families to promote healthier growth in children.

Parents/carers will receive a feedback letter detailing their child's measurement data. Many parents/carers find this information useful, and it also provides an opportunity to offer support and signposting where required. Your child's class will take part in this year's programme.

### **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.

### **How are your personal information and data collected and stored?**

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](#).

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 NHS England [National Child Measurement Programme webpage](#) 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 the National Child Measurement Programme is delivered locally and how your child's information is collected, stored and used in the local privacy notice.

Manchester City Council is responsible for ensuring that height and weight measurements are collected, stored and managed securely in accordance with the National Child Measurement Programme (NCMP) Privacy Notice. Currently, this information is stored as part of the local child health record on the NHS Child Health Information Database.

### **How can you withdraw your child from participating in the NCMP?**

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 measured, or your child has a medical condition that affects their height or weight, please let us know by emailing [mft.school-nurses-screening@nhs.net](mailto:mft.school-nurses-screening@nhs.net) or phone **0161 529 6550** or **0161 529 6549**. Please provide your child's full name, date of birth, school and your contact number.

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

### **How are your child's mental health and wellbeing considered in the NCMP?**

The wellbeing of children and families is very important to the programme. Measurements are conducted in a sensitive way, in private and away from other children. Individual feedback is not shared with your child or their school.



Feedback of the weight and height information is shared only with you, either by phone, post or digital methods, such as email, apps or secure communications. It is your choice to share or not share the information with your child.

If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a school nurse or GP.

### Further information

You can find information and fun ideas to help your kids stay healthy at the NHS Better Health: healthier families webpage [Easy ways to eat well and move more](#).



Another way to help maintain a balanced diet and physical activity for your family is the NHS Healthy Steps 8-week 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. You can sign up to NHS [Healthy Steps - step this way](#).



You can find further information about the NCMP at [The National Child Measurement Programme](#) NHS webpage.



Yours faithfully

Julie Heslop  
Deputy Director, Children's Services  
Manchester City Council

Dr Cordelle Ofori (FFPH)  
Director of Public Health  
Manchester City Council