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Regional Office: Healthy Child Programme 4 Barnet, Winston House, 2 Dollis Park, London, N3 1HF

Private and confidential

October 2023

Dear Parent/Carer

National Child Measurement Programme (NCMP) **Height and weight checks for children in Reception Year and Year 6**

Every year in England, children in **Reception Year** and **Year 6** have their height and weight measured at school as part of the National Child Measurement Programme (NCMP). Your child's class will take part in this year's measurement programme. We collect this information because it is in the public interest to understand how many children are overweight, healthy weight or underweight and offer support to parents where required.

The measurements will be carried out by Solutions4Health Healthy Child Programme 4 Barnet's registered school nursing staff at the school. The children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. The programme will be delivered in a safe way, in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

The wellbeing of children and families is very important. Measurements are conducted in a sensitive way, in private room and away from other children. Individual results are not shared with your child or their school. The weight and height information results are shared with you via a parent feedback letter and/or on the **Parent Portal**. It is your choice to share or not share the information with your child. 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, please seek further support from the Healthy Weight Nurse, School Nurse or General Practitioner.

Parent Portal

If your child is in Reception Year or Year 6, your child's school will provide you a link to **Parent Portal** for you to create an account and register your child on the **Thompson Parent Portal**. It is important that you copy and paste this link using **Google Chrome**. Once registered more information about the programme is available including how to **opt out** of the programme; This ensures that the information provided to parents on the processing of their children's height and weight data meets the requirements of the EU General Data Protection Regulations (GDPR) and Data Protection Act 2018 (DPA 2018).

The NCMP provides information to help build an understanding of national and local trends in child weight. It is important to have a good understanding of how children are growing, so that the best possible advice and support can be provided for them and their families.

Routine data such as your child's name, date of birth, NHS Number, gender, address, postcode, contact telephone number, email and ethnicity will be collected.

All the data collected is also used for improving health, care and services through research and planning. All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.

How the data is used

The data from all schools in the area will be gathered and held securely by Barnet Public Health team and Solutions4Health. Please note that the measurements will be added to your child's local health records and may be shared with their GP. No individual measurements will be given to school staff or other children, and all information will be treated confidentially.

All the information collected about your child will be sent by us to NHS England. NHS England 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 England with the Office for Health Improvement and Disparities (OHID) which is part of the Department of Health and Social Care (DHSC) but in a de-personalised form only. This means OHID will not be able to identify your child. OHID focuses on improving the nation's health so that everyone can expect to live more of life in good health, and on levelling up health disparities to break the link between background and prospects for a healthy life.

Both NHS England and the Office for Health Improvement and Disparities (DHSC) will use the information from the National Child Measurement Programme to better understand numbers and trends in child weight and body mass index (BMI). This helps with the planning of services to support healthy lifestyles in your area. No information will ever be published by NHS England or the Office for Health Improvement and Disparities (DHSC) that identifies your child. NHS England use the data to produce National Child Measurement Programme statistics reports showing trends at national and local community level.

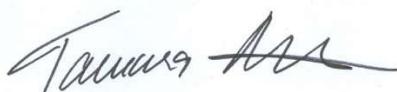
De-personalised information from the National Child Measurement Programme may also be shared by NHS England with other organisations, such as universities. This is to help improve health, care and services through research and planning. This information cannot be used to identify your child, and NHS England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.

After the measurements are reported you will be able to view the result of your child's measurement on the **Parent Portal**. We will also send you a letter with your child's results if they are underweight or overweight with information on healthy eating and being active, but you will be able view your child's measurement. At this stage, you may be contacted by a Healthy Weight Team to offer further support. If your child's measurement result is within healthy limits, we will not be contacting you but if you have any concerns or would like to speak with a health professional you can telephone 020 3633 4049 / 0800 772 3110 or email the Healthy Weight Nurses on their email: solltd.hwnadmin@nhs.net. Further information about the National Child Measurement Programme can be found at <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>.

Opting your child out of the programme

If you are happy for your child to be measured, you do not need to do anything after registering your child on the **Parent Portal**. If you do not want your child to take part in the programme you can **opt out** via the **Parent Portal**, or if you have any questions, please telephone 020 3633 4049 / 0800 772 3110 or email us using email: solltd.hwnadmin@nhs.net. Children will not be made to take part in the measurement programme if they do not want to.

Yours faithfully



Dr Tamara Djuretic
Director of Public Health and Prevention
Barnet Council



Debbie Rowe
Director of 0-19 Public Health Services
Solutions4Health