



### **NCMP - 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. Height and weight measurements are used to calculate weight status. We collect this information because it is in the public interest to understand how many children are overweight, of healthy weight or underweight and offer support to parents and carers when required. This programme takes place across the country. Your child's class will take part in this year's programme.

The checks are carried out by trained practitioners from Sheffield Children's NHS Foundation Trust. Children are measured, in a private space, fully clothed, except for their coats and shoes, **children will not be made to take part on the day if they do not want to.**

### **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 if you 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, seek further support from a School Nurse or General Practitioner

### **What happens after your child has been screened.**

Once completed, we will send you a letter with your child's measurements together with information about healthy eating, being active and related activities available in your area. If your child is identified as 'very overweight', this information, including your contact number will be shared with the weight management provider. This service is contracted by Sheffield City Council, and they may contact you to offer further information, advice, and support. Please be assured that the service will not contact your child and will only contact you the parent or carer, directly by telephone.

### **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 write to us** at the address below:

The Sheffield 0-19 Service  
Sheffield Children's NHS Foundation Trust  
Centenary House  
55 Albert Terrace Road  
Sheffield  
S6 3BR

The letter should be sent to the School Nursing Service by **Friday 27<sup>th</sup> October 2023**. Unfortunately, it is not possible for this information to be accepted by telephone or email – it must be in writing. You should provide the following details in the letter:

- Your child's name
- Their date of birth
- The name of the school that they attend

**Please do not send the letter into school as we may not receive this information.**

If you have any questions about this or would like more information please contact:  
The Sheffield 0-19 Service – (0114) 305 3224 option 4

**Please see the additional sheet regarding what happens with your child's information.**

Yours faithfully,



Pauline Williams (Fellow iHV)  
Head of 0-19 Community Service  
Staff Governor (Nursing & Midwifery)

Health Visiting/School Nursing, Paed Liaison, Health Provision (Amber Service).  
Community, Wellbeing and Mental Health Care group  
Sheffield Children's NHS Foundation Trust Becton Centre  
for Children and Young People  
Sevenairs Road  
Sheffield  
S20 INZ

The Sheffield 0-19 Service – (0114) 305 3224, option 4

## **What we collect and how we use data collected from the NCMP**

The information collected by us includes your child's height and weight measurements together with their name, date of birth, gender, home address and postcode, NHS Number and ethnicity. This information about your child is needed because their age, gender, ethnicity and the place they live are known to affect their height and weight. Their name, date of birth and NHS Number is needed to link your child's measurements to other information about your child. All this information is treated confidentially and held securely by us. It will not be shared with your child's school or with other children.

The information collected from all schools in Sheffield will be gathered and held securely by Sheffield City Council. For children in Reception, we will store your child's information on their local child health record on the child health information database which may be seen by other health professionals involved in your child's care. 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 Digital. NHS Digital is responsible for collecting health and care information to check how the NHS and social care services are doing, and to use this to improve the care provided to people across England. The information collected about your child will also be shared by NHS Digital with the Office for Health Improvement and Disparities (OHID) but in a nonidentifiable format. This means OHID will not be able to identify your child. OHID is responsible for working to protect and improve the nation's health.

Both NHS Digital and the Office for Health Improvement and Disparities 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 Digital or the Office for Health Improvement and Disparities that identifies your child.

If your child was previously measured for the National Child Measurement Programme, NHS Digital may link your child's current and previous height and weight measurements. It may also link their measurements with other information it holds about your child such as their dental survey results or the reasons for any visits they may have made to hospital. Linking your child's information in this way helps better understand how and why the weight status of children is changing.

Non-identifiable information from the National Child Measurement Programme may also be shared by NHS Digital 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 Digital only ever shares information for research with the approval of an independent group of experts.

### **Further information**

Further information about the National Child Measurement Programme can be found at: <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>

Information and fun ideas to help your kids stay healthy can be found at: [Healthier Families - Home - NHS \(www.nhs.uk\)](http://www.nhs.uk/healthier-families)

Information about how Sheffield Children's NHS Foundation Trust collect and use information can be found at:

<https://www.sheffieldchildrens.nhs.uk/privacy-guidance/>

Information about how NHS Digital and Office for Health Improvements and Disparities collect and use information can be found at:

<https://digital.nhs.uk/about-nhs-digital/our-work/keeping-patient-data-safe/how-we-look-after-your-health-and-care-information> and <https://www.gov.uk/government/organisations/public-health-england/about/personal-information-charter>

Information about the Council's general privacy notice can be found at:

<https://www.sheffield.gov.uk/sites/default/files/docs/public-health/health-wellbeing/Sheffield%20LAPH%20Privacy%20Notice%20April%202019.pdf>

Information about the organisations NHS Digital has shared information from the National Child Measurement Programme can be found at:

<https://digital.nhs.uk/services/national-child-measurement-programme>