

School health review in Year 6 26/27

Dear Parent/Carer

Your child's next health review will take place this year at school. This will include **height and weight measurement** as part of the National Child Measurement Programme (NCMP).

Height and weight measurement

What happens:

- Your child is told about the NCMP on the day and can choose not to take part
- If they take part, they will be brought out of class in small groups and asked to remove their coat and shoes
- They will be invited one-by-one into a private space to meet the friendly Public Health Nursing team
- Their height and weight will be measured by a qualified professional, and not shared with your child
- These measurements are used with their age and sex to calculate child body mass index centile – different to adult BMI
- Within 6 weeks, you will get a letter addressed to you, containing your child's measurements and whether they are following their predicted growth pattern – it is your choice whether to share this with your child
- You can also get notified of your child's measurements on the same day by signing up to the Parent Information Portal (PIP) at pip.southernhealth.nhs.uk
- If your child's growth is outside the expected range for their age, sex, and height, you can check in with the Public Health Nursing team by phone, at a clinic, or at a workshop at your child's school – there are different options for different families
- The Public Health Nursing service may also share your child's measurements with your GP, to keep their health records up to date



Scan for videos, tips
and privacy details

Why do we measure your child?

We are mindful that any type of measurement can cause worry. We do height and weight measurements because:

- Promoting healthy growth and development is a priority nationally and locally, and the NCMP helps us to plan future services and support
- Children grow and develop rapidly – the NCMP is an opportunity for you to check in with your child's wellbeing and habits, and for us to support you

- The NCMP helps us understand how our population is changing over time, and it is right that these measurements are also shared with parents/carers

Our Public Health Nursing teams are understanding and want to offer practical help for your child's healthy growth and development. This might include:

- Help with routines such as mealtimes, being active, and sleep
- Support to set boundaries and navigate behaviour like fussy or picky eating
- Information about local support or specialist services

How you can withdraw your child from their school health review

If you are happy for your child to have their height and weight measured, you do not need to do anything. If you do not want your child to take part, then please fill in the [online form](#) or scan the QR code **within 2 weeks**.

This includes if your child has a medical condition (or is receiving any treatment) that affects their height or weight, and you do not want them to be measured for this reason.

If you would like to discuss the health review or whether your child should take part, contact the Public Health Nursing team by texting 07507 332417, or find your local team's phone number at healthforkids.co.uk/hampshire/school-nurses/.



Yours faithfully,

A handwritten signature in black ink, appearing to read 'Simon Bryant'.

Simon Bryant FFPH
Director of Public Health

A handwritten signature in black ink, appearing to read 'Steph How'.

Steph How
Director of Children's Services

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 centile).

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 personal information and data is 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 GDPR information](#)'.

You can read more about taking part in the programme, how your data is collected, and how your data is used by going to digital.nhs.uk/services/national-child-measurement-programme.

You can read more about how the Public Health Nursing Service collects, stores and uses your child's information in the '[HIOW Healthcare Privacy Notice](#)'.

You can read more about how Hampshire County Council collect and use information in the '[HCC Public Health Privacy Notice](#)'.