

**Public Health Dorset  
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**Children and Young People's Public Health Service  
Pan-Dorset contact number: 01929557558**

**Public Health Dorset: 01305 224400**

**Dear Parent/ Carer**

## **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, a healthy weight or underweight. Your child's class will take part in this year's programme.

**The checks are carried out by registered school nurses or trained health care providers. 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 COVID-safe way, in line with the school and local authority's safety control measures. This includes robust hand and respiratory hygiene and enhanced cleaning arrangements for the rooms and equipment used to measure your child's height and weight, as recommended in the [national guidance for schools](#) and healthcare.

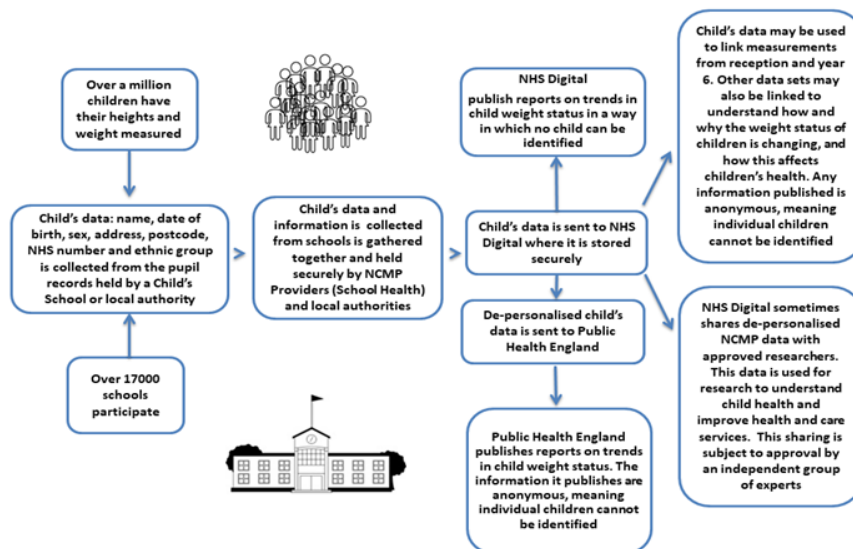
### **The information we collect and what it is used for is listed below:**

- **your child's date of measurement, sex and date of birth are used to calculate your child's weight category**
- **your child's name, date of birth and NHS Number are used to link your child's measurements in Reception and Year 6. Other data sets may also be linked such as your child's dental survey results or any visits to hospital they may have had. Linking your child's information in this way helps us to understand how and why the weight status of children is changing, and how this affects children's health**
- **your child's ethnicity and address are used to help understand some of the reasons for the difference and changes in child weight across England**
- **your email address is required to send you your child's feedback letter if they are outside a healthy weight. This will include your child's measurements for you to see together with information that you may find helpful, including our contact numbers. We will also telephone you following the feedback to offer you further support following your child's height and weight measurement.**

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 information collected from all schools in the area will be gathered together and held securely by our Children's Public Health service (school nursing) service providers, Dorset HealthCare University NHS Foundation Trust (DHC). They will store your child's information as part of their local child health record on the NHS's child health information database.

All the information collected about your child will be sent by us to NHS Digital. NHS Digital 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 Digital with Public Health England but in a **de-personalised form only. This means Public Health England will not be able to identify your child.** Public Health England is responsible for working to protect and improve the nation's health.

Both NHS Digital and Public Health England 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 Public Health England that identifies your child.**

**De-personalised 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

## 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.

**Please inform your child's school as soon as possible after reading this letter:**

- **if you do not want** the height and weight of your child to be checked
- if your child has a medical condition that affects their height or weight or taking part in the measurements

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

## How you will receive feedback after your child is measured

For some measurements that are taken, it is important that you are given feedback and advice following the measurements of your child. This year the programme would like to take another step towards a paperless programme. For this we would like to feedback via email to parents and carers.

To do this, we will need an up to date email address for you or consent for your child's school to share it with us.

Your email address will be held and stored by Dorset HealthCare University NHS Foundation Trust (DHC) confidentially and securely and not shared with any other party. Information stored will be disposed of under current GDPR regulations.

Where emails are not available or are not shared, letters will be provided in the standard programme method of a postal service so that you are still given feedback on your child's measurements.

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### **NCMP feedback: opt-in email consent**

**If you would be happy to receive the feedback of your child's measurement via email, please return the following information BY EMAIL to your child's school as soon as possible**

- Name of child
- Year group
- The preferred email address to send the feedback to  
OR
- Instructions to your child's school to share the email address they have on record for you

**You have the right to withdraw your consent to the use of your email address at any time – this can be done at any time by contacting Public Health Dorset.**

## Where to find support after the measurements

It is important to us that after the measurement, you have opportunity to discuss your child's result and find the right support for you and your child.

- If your child is identified as being underweight or very overweight you will receive a feedback letter email directly to you followed by a telephone call to offer you advice and support.

**The email/ letter will be addressed to you as a parent or carer and it is for you to decide if it is appropriate to share this result with your child.**

- If you do not receive feedback but have any questions you wish to ask regarding your child's health, including lifestyle, please do contact your Children's Public Health service (school nursing) service for support on the number at the top of this letter.

You are welcome to contact the Children's Public Health service (school nursing) service or your family GP for support at any point if you are concerned about your child's weight, you do not have to wait for the measurements to be completed or to receive feedback from a measurement result.

- The Children's Public Health service (school nursing) service will also be working with schools in promoting healthy lifestyles, which may include additional activities for children and families. Look out at your school for any activities or signposting during term and holiday time.
- Find lots of healthy eating ideas, activity and lifestyle tips and resources at Change4Life <https://www.nhs.uk/change4life/activities>

Yours faithfully



**Sam Crowe**

**Director of Public Health for  
Dorset Council and  
Bournemouth, Christchurch & Poole Council**



**Theresa Leavy**

**Director of People – Children  
Dorset Council**

## 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 <https://www.nhs.uk/change4life>

GDPR (General Data Protection Regulation) and local data collection, and privacy policies <https://ico.org.uk/for-organisations/guide-to-the-general-data-protection-regulation-gdpr>  
<https://www.dorsethealthcare.nhs.uk/about-us/your-information/privacy-notice>  
[www.publichealthdorset.gov.uk/footer/privacy.aspx](http://www.publichealthdorset.gov.uk/footer/privacy.aspx)

Information about how NHS Digital and Public Health England 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 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>

Children's Public Health service (school nursing) providers, Dorset HealthCare University NHS Foundation Trust (DHC) and how to access services for children and young people through the service can be found at <https://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/physical-health/school-nursing>

Support and advice for adult healthy lifestyle and behaviour change can be found at LiveWell Dorset <https://www.livewelldorset.co.uk/>

BMI calculating tool can be found at <https://www.nhs.uk> (type National Child Measurement Programme in the search box and scroll down the page)

