

Height and weight checks for children in Year 6

Every year in England, children in Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP). Your child's class will take part in this year's measurement programme.

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.

The measurements will be carried out by 5-19 HCP team at school in a private space away from other pupils. Children who take part will be measured fully clothed except for their coats and shoes. Routine data such as your child's name, date of birth, sex, address, postcode and ethnicity will also be collected.

The data from all schools in the area will be gathered together and held securely by our local authority public health team. Please note that we may store your child's information on their health record and share it with their GP. No individual measurements will be given to school staff or other children, and all information will be treated confidentially.

The programme's data are used within the local authority and NHS to help plan the provision of services and advice to support healthy weight and lifestyles in the area. The information is also submitted for national analysis and publication in a way that means individual children cannot be identified.

After the measurements, we will send you your child's results and information on healthy eating, being active and activities available in your area.

If you are happy for your child to be measured you do not need to do anything. If you do not wish your child to take part in the National Child Measurement Programme please follow the steps in the grey box headed "opting out". Children will not be made to take part if they do not want to.

Opting Out

If you wish to opt your child out of the National Child Measurement Programme (NCMP) please follow the steps below:

- Contact us by **29th September 2017**
- Call us on 0300 300 0123 or
- email: CCS-TR.NCMPScreeningOptOut@nhs.net
- Leave the following information:-
- child's full name
- date of birth
- school they attend

It is very important that we receive all the above information when you are opting your child out.

Yours faithfully
5-19 Healthy Child Programme (HCP) Team