

Medway School Nursing Team
Snapdragons Centre
Cliffe Road
Strood
Kent
ME2 3FF
0300 123 3444
01/09/2025

Dear Parent/Carer,

RE: 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 measured as part of the National Child Measurement Programme (NCMP). Your child's class will take part in this year's programme.

The checks are carried out by trained health care professionals from the school nursing team. Children are measured fully clothed, except for their coats and shoes, in a private area away from other pupils. Children will not be made to take part on the day if they do not want to.

If you want to know more about the NCMP, click on the link below for an animated video which explains the process [NCMP process animation](#).

Once completed, we will send you your child's measurements in a feedback letter. We may also contact you to discuss additional support. If your child's measurements indicate that they are below a healthy weight we will automatically refer them to their GP. We are also able to refer to the Medway Healthy Weight Team; a service that offers a variety of interventions from phone calls to weekly clubs, cookery lessons and activity sessions, with all advice being optional.

Individual results are not shared with your child or their school. It is your choice if you share the information with your child.

WHAT DO WE NEED YOU TO DO

If you consent to your child being measured, you do not need to do anything.

[Withdrawing your child from the National Child Measurement Programme](#)



If you **do not** want your child's height and weight to be checked, or your child has a medical condition that affects their height or weight please let us know using the easy online form – link provided below.

[School health screening - opt out form \(NCMP- Heights/Weight\)](#)

Our preferred method is the online opt out form as this directly notifies the screening team of your wishes; however, if you do not have internet access please inform your child's school that you do not wish your child to have height and weight measurement taken.

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

- 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).
- 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.

All the data collected is also used for improving health, care and services through research and planning.

How the data is used

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.

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 \(NCMP\): GDPR information](#).

At the NHS England [National Child Measurement Programme webpage](#) you can read more about:

- taking part in the programme
- how your data is collected



- how your data is used

If you would like to know more about the Medway School Nursing Team, please visit our website which has useful information on a range of child health issues as well as further information on school health checks – link below

[School nursing - Medway Community Healthcare](#)

Yours faithfully,

Medway School Nursing Team

You can read more about how MCH collects, stores and uses your child's information at <https://www.medwaycommunityhealthcare.nhs.uk/contact-us/privacy-notice/>

