

School Height & Weight Check – National Child Measurement Programme (NCMP)

Each year in England, school children in Reception Year 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. The information gathered allows services to plan how to support families to lead healthy lives.

Your child's class will take part in this year's programme.

The checks are carried out by trained staff from the Healthy Child Programme. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. A member of the school staff may be present during screening.

The programme will be delivered 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

Maintaining the well-being of children in the NCMP

The wellbeing of children and families is very important. Measurements are carried out in a sensitive way, in private and away from other children. Your child's results are not shared with your child or their school. The weight and height results are only shared with you. 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.

Please see page 2 of this letter on how to opt your child out of these checks.

NCMP results – what happens next:

- **Healthy Weight** - You will not receive a results letter if your child is in the healthy weight range. You can talk to a member of our team about your child's height and weight results by contacting us on the details above.
- **Underweight** - You will receive a letter within 6 weeks with the results and further information.
- **Overweight** - You will receive a letter within 6 weeks with the results and further information. Your details will be shared with Gro-Health our tier 2 weight management service, and they will contact you directly for continued support.
- **Very Overweight** - You will receive a letter within 6 weeks with the results and further information. Your details will be shared with Gro-Health our tier 2 weight management service, and they will contact you directly for continued support.

Opting your child out of 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 wish your child's height and weight to be checked, please follow the steps below in the grey box. Children will not be made to take part if they do not want to.

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

- Contact us **by Monday 21st April 2025**
- Use the QR code or the link to complete **parts 1 & 2** on the opt out form <https://www.justonenorfolk.nhs.uk/our-services/school-height-and-weight-checks/national-child-measurement-programme-ncmp/>
- Or call 0300 300 0123
- Leave the following information:-
 - child's full name
 - NHS Number (if known)
 - date of birth
 - current home address
 - school they attend
 - Your contact information
 - check/test you're opting them out of



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

We provide this service to help protect the health of your child as part of our public task as a health service provider. Your child's school has provided us with your contact details. We will update your child's electronic health record of the outcome of our screening programme.

<https://www.cambscommunityservices.nhs.uk/docs/default-source/ig-privacy-notices/privacy-notice-hcp-may-2022.pdf?sfvrsn=2>

For information regarding the data collection and how it's used please see separate attachment – NCMP data collection.

Please do not hesitate to contact the team if you have any queries.

Yours faithfully,

Norfolk and Waveney Children and Young People's Health Services

PLEASE SEE BELOW FOR INFORMATION ABOUT VISION AND HEARING SCREENING

Reception Year Vision and Hearing Screening

The Healthy Child Programme team will also be visiting your child's school to test the hearing and vision of children during their Reception year. A member of the school staff may be present during screening.

All children are eligible for this service on school entry, including those who wear glasses.



Providing more information about your child before we visit school



Please use the QR code or link below and complete parts 1 & 3 on the form, if your child:-

- Is under regular review at the hospital for ears, eyes or both
- Has additional needs

IMPORTANT INFORMATION – CHILDREN WEARING PROGRAMMABLE SHUNTS

Hearing screening equipment used by us can affect the programmable shunt – it is very important that you opt your child out of school hearing screening if they have one fitted.

Please opt your child out by completing parts 1 & 2 of the online form if they have a programmable shunt fitted.

<https://www.justonenorfolk.nhs.uk/our-services/hearing-and-vision-school-screening/>



Vision and hearing screening results

- **Pass result**

You will not receive a results letter if your child passes the screening.
Take your child to see an optician for a vision check when they are 9 Years old.

- **Not passed or unable to test**

A letter will come home with your child on the day of screening with the results and further information on what happens next.

Your child's vision and hearing result will be shared with school. If you do not want us to share your child's vision and or hearing results with the school please contact us by the date shown in the grey box below.

Opting your child out of vision and hearing screening

If you are happy for your child to be screened, you do not need to do anything.

If you do not wish for your child to be screened please follow the steps below in the grey box.

To opt your child out of vision or hearing screening or both please follow the steps below:

- Contact us by **Monday 21st APRIL 2025**
- Using the QR code or link – please complete **parts 1 & 2** of online opt out form <https://www.justonenorfolk.nhs.uk/our-services/hearing-and-vision-school-screening/>
- Or call 0300 300 0123
- Leave the following information:-
 - child's full name
 - NHS Number (if known)
 - date of birth
 - current home address
 - school they attend
 - Your contact information
 - check/test you're opting them out of



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

We provide this service to help protect the health of your child as part of our public task as a health service provider. Your child's school has provided us with your contact details. We will update your child's electronic health record of the outcome of our screening programme.

<https://www.cambscommunityservices.nhs.uk/docs/default-source/ig-privacy-notice/privacy-notice-hcp-may-2022.pdf?sfvrsn=2>

If your child misses screening, we may contact you via text message. Please call Just One Number on 0300 300 0123 if you do not want to receive text messages from us.

To find out more information about vision and hearing screening and to watch useful videos about the screening please visit - <https://www.justonenorfolk.nhs.uk/our-services/hearing-and-vision-school-screening>

Please do not hesitate to contact the team if you have any queries.

Yours faithfully,

Norfolk and Waveney Children & Young People's Health Services

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 held by NHS England and Department of Health and Social Care, may also be linked to allow the addition of information from health and education records, where lawful to do so, to understand how and why the weight of children is changing, and how this affects children's health and education and how the care children receive can be improved. This includes your child's health data relating to:**
 - **their birth, hospital care (including time in hospital and out-patient appointments and diagnosis of medical conditions)**
 - **mental health**
 - **social care**
 - **primary care - includes all healthcare outside of hospital such as GP and dental appointments,**
 - **public health - including data relating to preventing ill health such as immunisation records**
 - **records for when and the reason why people pass away**
 - **medical conditions such as cancer, diabetes**
 - **health, lifestyle and wellbeing surveys that your child has participated in**
- **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 address is required to send you your child's feedback letter. This will include your child's measurements together with information about access to our Just One Norfolk website and support pages.**
- **your email address and telephone number are required as we may contact you by email or telephone to discuss your child's feedback/ send you your child's feedback letter by email/ 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 Cambridgeshire Community Services NHS Trust. We will store your child's information as part of their local child health record on the NHS's child health information database and share it with their GP.

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.

The information collected about your child will also be shared by NHS England with the Office for Health Improvement and Disparities (OHID) which is part of the Department of Health and Social Care (DHSC) but in a de-personalised form only. This means OHID will not be able to identify your child. OHID focuses on improving the nation's health so that everyone can expect to live more of life in good health, and on levelling up health disparities to break the link between background and prospects for a healthy life.

Both NHS England and the Office for Health Improvement and Disparities (DHSC) 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 England or the Office for Health Improvement and Disparities (DHSC) that identifies your child. NHS England use the data to produce [National Child Measurement Programme statistics reports](#) showing trends at national and local community level.

De-personalised information from the National Child Measurement Programme may also be shared by NHS England 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 England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.

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/healthier-families/>

Another way to help maintain a balanced diet and physical activity for your family is the **NHS Healthy Steps** email programme. Sign up for the 8-week Healthy Steps emails and you will be sent lots of low-cost easy tips, fun games, healthy swaps and tasty recipes on a budget.

Scan the QR code or visit healthysteps.uk to sign up.



Information about how we Cambridgeshire Community Service NHS Trust collect and use information can be found at <https://www.cambscommunityservices.nhs.uk/docs/default-source/ig-privacy-notice/privacy-notice-hcp-may-2022.pdf?sfvrsn=2>

Information about how NHS England and Office for Health Improvement 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/department-of-health-and-social-care/about/personal-information-charter>

Information about the organisations NHS England has shared information from the National Child Measurement Programme can be found at <https://digital.nhs.uk/services/national-child-measurement-programme>

