Dear parent/carer,

Re: Height and weight checks for children in Reception and Year 6 in 2024

Every year the height and weight of Reception and Year 6 children in schools in England are measured. This is called the National Child Measurement Programme (NCMP). We know how important your child's health is to you and looking after your child's healthy growth is a really important part of that. We hope you can use this information to add to the full picture that you have of your child's health. It is also important to know how children are growing so that we can provide the best support.

Maintaining the wellbeing of children during the NCMP is very important. Trained health staff from Nottingham CityCare carry out the measurements. Children are measured in a private space away from other children and will be fully clothed, only taking off their shoes and coats. Children will not be made to take part on the day if they do not want to.

Staff will work in a sensitive and safe way, in line with your school's safety plans and national guidance for schools and healthcare. Teachers, other children or other parents will not see the information.

What happens after children are weighed and measured?

Your child's measurements will be added to their health record which can be seen by their GP and other health professionals. After the information is de-personalised so that your child cannot be identified, it will be submitted for national analysis. More details on how we process your child's information are provided in the enclosed information sheets.

If your child is a healthy weight, we will not contact you.

If your child is not a healthy weight, we will send you a letter containing information to support your family's efforts with eating and moving for good health. It is your choice if you share the information with your child.

Whatever your child's individual measurement, taking opportunities to help them be active and eat a healthy diet is good for their future health and happiness. For more information on healthy lifestyle choices visit 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.

Next Steps: What do parents/carers need to do?

If you are happy for your child to be weighed and measured	You do not need to do anything
If you do NOT want your child to take part, or if child has a medical condition that affects their height or weight	Please tell your school as soon as possible

If you would like further support or to speak to someone about your child's weight, please contact the Children's Health Advice Hub on 0300 300 0040 between 8.30 am and 5 pm, Monday to Friday.

Thank you for your support with this important programme.

Yours sincerely,

Lucy Hubber
Director of Public Health
Nottingham City Council

Catherine Underwood
Director of Children's Services
Nottingham City Council

Further details about how we process your child's information

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 healthy eating, being active and related activities available in your area. We will not contact you if your child is a healthy weight.

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 Nottingham City Council. 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.
If your child is above the expected weight range for their age and height, information about your child will be shared with a provider (Thrive Tribe) who deliver healthy lifestyle programmes on behalf of the local authority.

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 OHID (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 OHID (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.

Information about how Nottingham City Council and Nottingham CityCare collect and use information can be found at:

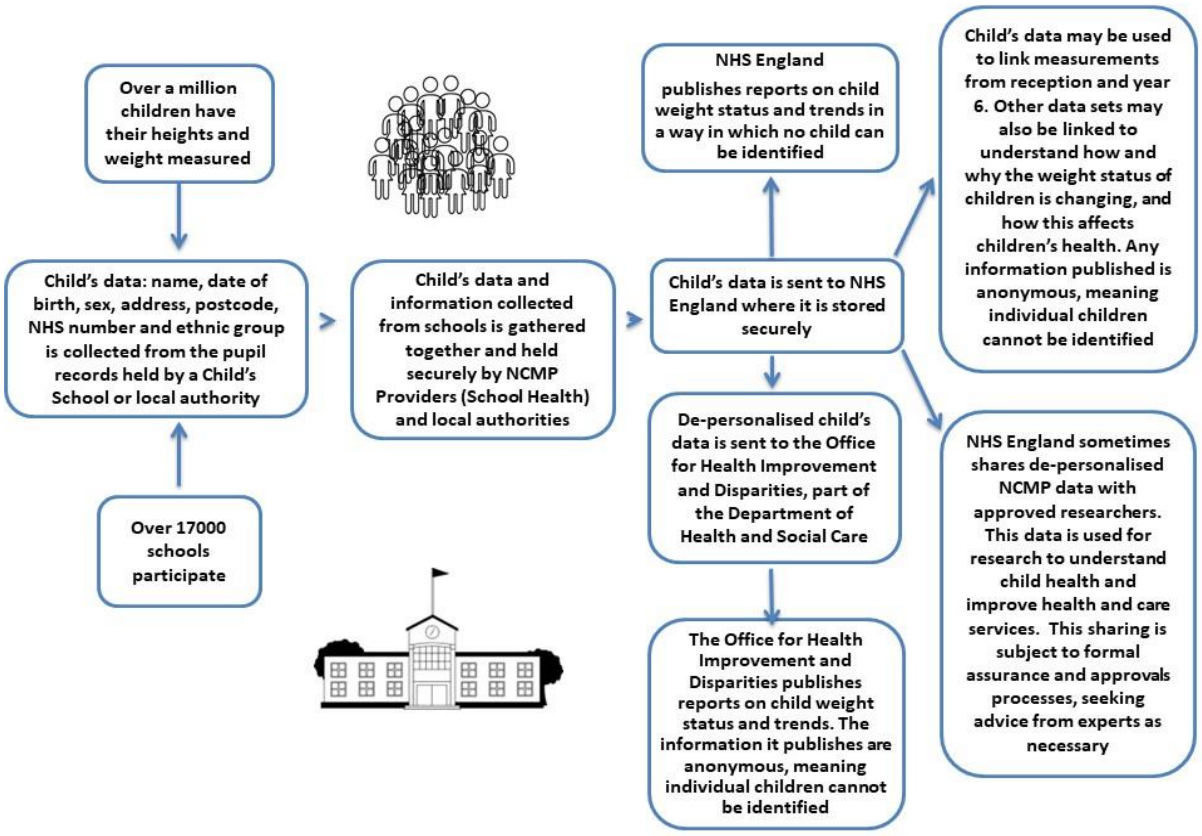
- https://nottinghamcity.gov.uk/privacy-statement
- https://www.nottinghamcitycare.nhs.uk/about-us/public-policies-and-statement/you-andyour-information

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
- 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

How your child's data is collected and processed as part of the National Child Measurement Programme (NCMP)

Local authorities have a legal duty to collect the NCMP data. They do this by following guidance from the OHID part of the DHSC. Local authorities are responsible for making decisions on how the data is collected and for making sure it is protected. Local NCMP service providers are contracted to carry this out; this might be through the school nursing team working in schools or a local healthcare provider. The team collecting the data enter it into the NCMP IT system, which is provided by NHS England. The data may also be entered into a local child health information system. Your local authority is responsible for sending the data to NHS England. NHS England and OHID are jointly responsible for the data held at a national level. Your local authority is responsible for the data held locally.

The diagram below displays what happens to your child's data as part of the NCMP