

To all parents and carers of children in Reception and Year 6

6 November 2025

Dear Parents/Carers

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

Local authorities are required to measure the height and weight of school children in Reception and Year 6 at school as part of the National Child Measurement Programme (NCMP). Every year, more than a million children take part and your child's class will take part in this year's programme.

The measurements are carried out by trained healthcare professionals. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

Why are the checks carried out?

We collect height and weight information to build a picture of how children are growing to help plan better health and leisure services for families. Parents also receive their child's measurements and weight status as this can be useful information about their child's growth and provides an opportunity to offer support to families where required.

How do we look after your child's wellbeing in the NCMP

The wellbeing of children and families is very important. Measurements are conducted in a sensitive way, in private and away from other children. **Individual results are not shared with your child or their school.** We will send you a parent/carers feedback letter in the post with weight and height information. **It is your choice if you share the information with your child,** but we know nationally most parents say they find this letter helpful.

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 because of being measured or receiving feedback. If you are concerned about

your child's growth, weight, body image or eating patterns, seek further support from a school nurse or General Practitioner.

How is your child's data used?

Local authorities have a duty to collect the NCMP data. We follow national guidance when handling your child's data to do this in a lawful way. Your child's measurements will be recorded alongside their name, date of birth, NHS number, address (so we can send you the results) and the date they were measured.

All information is **treated confidentially and held securely. No individual measurements will be given to school staff or other children or discussed with your child.**

The data we collect is also used to improve health services through research and planning. Please see the end of this letter for more information.

Withdrawing your child from the height and weight checks

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

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 by phoning (0191) 643 8251 or emailing 5-19PHNorthWest@northtyneside.gov.uk

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

Please do use the contact details above should you have any questions.

Yours sincerely,

A handwritten signature in black ink, appearing to be 'Louise Gray', with a stylized, flowing script.

Louise Gray
Director of Public Health
North Tyneside Council

Further information

Information about staying healthy

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.



Maintaining children's welfare during the NCMP

Measurements are conducted in a sensitive way, in private and away from other children. We will not share your child's results with them or anyone else in the school during the session and it is up to you whether you share the written results with your child.

The programme will be delivered in line with the school and Local Authority's safety and infection 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.

How we use your child's data

Local authorities have a legal duty to collect the NCMP data. They do this by following guidance from the Office for Health Improvement and Disparities part of the Department of Health and Social Care (DHSC). NHS England and the Office for Health Improvement and Disparities (OHID) are jointly responsible for the data held at a national level. North Tyneside Council is responsible for the data held locally and making sure it is protected.

Data is processed lawfully under the GDPR and DPA 2018.

We will only collect and record data about your child that is needed for the programme.

- Your child's height, weight, sex and date of birth are used with the date of measurement to calculate their weight category
- 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.
- 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. This will be done in a way so that they cannot be identified

- Your child's name, date of birth and NHS number are used to link their measurements in Reception and Year 6. This make be linked to other data held by NHS Digital and DHSC, where it is lawful to do so. This can help us to understand how and why the weight status of children is changing and how it affects their health and education. This will only be done to improve the care children receive. This may include data relating to hospital care, mental health, social care, primary care (healthcare appointments outside of hospitals e.g., GPs and dentists), public health (e.g. immunisation records)

The information collected from all schools in the area will be gathered and held securely by North Tyneside Council. We will store your child's information as part of their local child health record on the NHS's child health information database.

Information collected about your child will be sent electronically to NHS Digital. NHS Digital is responsible for collecting data about health and care so that this can be used to monitor and improve the care provided to people across England. NHS Digital will also share the information about your child with OHID. **This will be done in a de-personalised way only.** This means that 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.

Both NHS Digital and OHID will use the information from the National Child Measurement Programme to better understand numbers and trends in child weight status. This helps with the planning of services to support healthy lifestyles in your area. **No information will ever be published by NHS Digital or OHID that identifies your child.** NHS England use the data to produce NCMP statistics reports which show trends at a national and local level.

De-personalised information from the NCMP 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 North Tyneside Council collect and use information can be found at <https://my.northtyneside.gov.uk/category/1001/data-protection>

Information about how NHS Digital 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>

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>