

Dear Parent/Carer,

**Measuring the Height and Weight of Children in Reception and Year 6**

All children in Reception and Year 6 will have their height and weight measured as part of the National Child Measurement Programme (NCMP). It is important to understand how children are growing, so that the best possible advice and support can be provided for them and their families.

The measurements will be taken by the School Nursing Service, carried out in a sensitive way, in private and away from other pupils. No child will be made to participate if they do not want to. Children are fully dressed, except for their coat and shoes, and no child's measurements will be shared with school staff or other children.

The measurements will be combined with routine information including your child's name, date of birth, sex, address, postcode and ethnicity, which is gathered from the School Census. The information will be submitted for national analysis and publication in a way that individual children cannot be identified. All information and results will be treated confidentially. Further details on how we process your child's personal information are provided in the enclosed information sheet.

**What Happens after Children are Weighed and Measured?**

Following your child's measurement, you will be able to view their results on the School Health Parent Portal. Information about your child's weight status will not be shared with your child by the School Nursing Service.

If your child's weight falls above or below the expected range for their age and height, you will have access to information on how to get advice and support from the School Health Parent Portal. If your child's weight falls above the expected range, your details will also be shared with MoreLife who deliver our healthy lifestyle programmes. MoreLife will contact you by telephone to offer further support.

**Next Steps – What do Parents / Carers need to do?**

<p><b>If you are happy for your child to be weighed and measured.</b></p>	<p>Please sign up to the School Health Parent Portal where you will be able to view your child's results.</p> <p>For details on how to sign up see the accompanying letter.</p>
<p><b>If you do NOT want your child to take part.</b></p>	<p>Please sign up to the School Health Parent Portal where you will be able to opt out of the programme.</p> <p>For details on how to sign up see the accompanying letter.</p>

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 the Healthier Families website at: [Healthier Families - Home - NHS](#)

If you're finding it difficult to feed your family as a result of the cost of living crisis, then you can find help and support at <https://www.milton-keynes.gov.uk/benefits/cost-living-support>. Please check whether your child is eligible for Free School Meals and the Holiday Activity and Food Programme by visiting this website <https://www.gov.uk/apply-free-school-meals> and contact your school directly to apply.

Yours sincerely,



Vicky Head  
Director of Public Health  
Milton Keynes City Council



Mac Heath  
Director of Children's Services  
Milton Keynes City Council

## **Additional information regarding the height and weight checks and how the information that is collected will be used**

Local authorities have a legal duty to collect the NCMP data. The information collected includes your child's height and weight measurements together with their name, date of birth, gender, home address and postcode, NHS Number and ethnicity. This information about your child is needed because their age, gender, ethnicity and the place they live are known to affect their height and weight. Their name, date of birth and NHS Number are needed to link your child's measurements to other information about your child. All this information is treated confidentially and held securely. It will not be shared with your child's school or with other children.

The information collected for the NCMP will be gathered together and held securely by Central North West London NHS Foundation Trust (CNWL), who provide School Nursing services on behalf of Milton Keynes City Council. CNWL will store your child's information on their local child health record on the secure child health information database which can be seen by the Child's GP and other health professionals. No individual measurements will be given to school staff or other children, and all information will be treated confidentially.

Your child's results will be made available to you via the School Screener – Parent Portal. If your child is above the expected weight range for their age and height, information about your child will be shared with MoreLife who deliver healthy lifestyle programmes on behalf of Milton Keynes City Council. MoreLife will then contact you by phone to offer support if you would like it.

CNWL will securely share the information collected for the NCMP with the Local Authority Public Health Team and NHS England. NHS England is responsible for collecting health and care information to check how the NHS and social care services are doing, and to use this to 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) but in a de-personalised form only. This means OHID will not be able to identify your child. The OHID is responsible for working to protect and improve the nation's health.

Both NHS England and OHID will use the information from the National Child Measurement Programme to better understand numbers and trends in child weight and body mass index. The Local Authority Public Health will also use de-personalised information to understand local trends. This helps with the planning of services to support healthy lifestyles in your area. No information will ever be published by NHS England, OHID or Public Health that identifies your child.

If your child was previously measured for the National Child Measurement Programme, NHS Digital may link your child's current and previous height and weight measurements. It may also link their measurements with other information it holds about your child. Linking your child's information in this way helps better understand how and why the weight status of children is changing.

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 with the approval of an independent group of experts.

### **The legal basis for sharing this information**

The legal basis for sharing this information is Section 14 of the Local Authority (Public Health, Health and Wellbeing Boards and Health Scrutiny) Regulations 2013, which states:

14. Information resulting from the weighing and measuring of a child who has participated in a weighing and measuring exercise which has been conducted in accordance with these Regulations, together with any personal information necessary to identify the child concerned, may be further processed by or on behalf of the local authority concerned with a view to the information being—
- (a) communicated to a parent of the child to whom the information relates, together with advisory material relating to the weight of children;
  - (b) used for the purpose of providing advice and assistance to a parent of the child to whom the information relates with the aim of promoting and assisting improvement of the child's health;
  - (c) disclosed by the local authority to a health professional who is in a position to provide the advice and assistance referred to in sub-paragraph (b) and to offer any related treatment to the child.

## 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 about how NHS Digital and Public Health England 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/public-health-england/about/personal-information-charter>

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

Guidance regarding the National Child Measurement Programme and the General Data Protection Regulation can be found at: <https://www.gov.uk/government/publications/national-child-measurement-programme-operational-guidance>

Information about how the school nursing service and public health collect and use information can be found at: <https://www.cnwl.nhs.uk/about-cnwl/data-protection/fair-processing-notice/> and <https://www.bedford.gov.uk/council-and-democracy/data-protection-foi-eir/gdpr-privacy-statements/>

Information about MoreLife <https://www.more-life.co.uk/in-your-area/bedsmk/> and their privacy statement can be found: <https://www.more-life.co.uk/privacy-policy/>