

02 November 2022

Dear Parent/Carer

Height and weight checks for children in Reception and Year 6

Every year in England, school children in Reception and Year 6 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 and help us nationally and locally to provide the support children and families may need to maintain a healthy weight.

The checks are carried out by staff from the Integrated Specialist Public Health Nursing Service employed by Humber Teaching NHS Foundation Trust. **Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.** The programme will be delivered in a COVID-safe way, in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

The wellbeing of children and families is very important. Individual results are not shared with your child or their school. The weight and height information are shared only with you in the parent or carer feedback letter. 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. If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a Health Visitor, School Nurse or General Practitioner.

Withdrawing your child from 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 want your child's height and weight to be checked, or your child has a medical condition that affects their height or weight or their ability to stand independently for recording of height and weight please let us know by emailing us at Hnf-tr.ncmp@nhs.net by **Friday 4th November 2022.**

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

Yours faithfully,

Andy Kingdom
Director of Public Health
East Riding of Yorkshire Council

Eoin Rush
Director of Children's Services
East Riding of Yorkshire Council



Today the school nurse is going to check how I'm growing and staying healthy.



I go to see the nurse and she says hello.



The nurse asks me to stand next to a big ruler so she can see how tall I am.

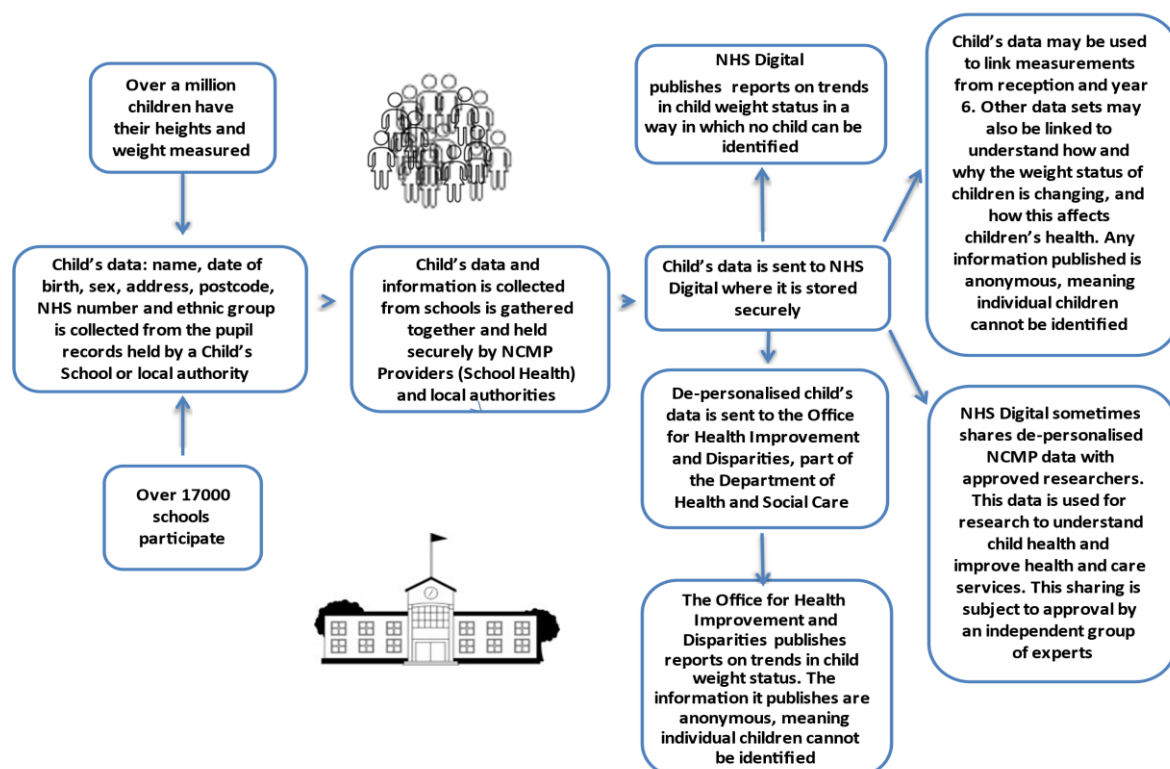


I stand on a little platform that tells the nurse how much I weigh.



The nurse writes it all down and that's it, back to class now!

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



All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.

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/>



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>



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>

