



March 2018

**For general enquiries about the National Child Measurement Programme, please contact your local School Nurse Teams on:**

**Taunton and West Somerset**

Tel: 01823 346182

[TauntonSchoolNurses@sompar.nhs.uk](mailto:TauntonSchoolNurses@sompar.nhs.uk)

**Mendip**

Tel: 01749 836545

[MendipSchoolNurses@sompar.nhs.uk](mailto:MendipSchoolNurses@sompar.nhs.uk)

**Sedgemoor**

Tel: 01278 410043

[SedgemoorSchoolNurses@sompar.nhs.uk](mailto:SedgemoorSchoolNurses@sompar.nhs.uk)

**South Somerset**

Tel: 0300 323 0114

[SouthSomersetSchoolNurses@sompar.nhs.uk](mailto:SouthSomersetSchoolNurses@sompar.nhs.uk)

Dear Parent/Carer

**Height and weight checks for children in Reception and Year 6**

Every year in England, children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP). Your child's class will take part in this year's measurement programme.

The measurements will be done by trained school nursing staff at school in a private space away from other pupils. Children will be measured fully clothed except for their coats and shoes. Routine data such as your child's name, date of birth, sex, address, postcode and ethnicity will also be collected.

Your child's results will be sent to you, by letter, six weeks after the measurement takes place.

The data from all schools in the area will be gathered together and held securely by your local NHS and local authority. We also store your child's information on their health record and share it with their GP. No individual measurements will be given to school staff or other children, and all information will be treated confidentially.

The programme's data is used within the local authority and NHS to help plan the provision of services that support healthy weight and lifestyles in the area. The information is also submitted for national analysis and publication in a way that means individual children cannot be identified.

We have produced a **National Child Measurement Programme Factsheet for Parents** of frequently asked questions which is available online at:

[www.cypsomersethealth.org/resources/Heights\\_and\\_Weights\\_Factsheet.pdf](http://www.cypsomersethealth.org/resources/Heights_and_Weights_Factsheet.pdf)

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

Research tells us that most parents and carers have no objection to their child being measured. However, if you **do not** want your child to participate, please return the form at the end of this letter **to the school** and your child will not be measured.

Yours sincerely



Julian Wooster  
Director of Children's Services  
Somerset County Council



Trudi Grant MSc PH, UKPHR, FFPH  
Director of Public Health  
Somerset County Council

### **Form: Opting your child out of the National Child Measurement Programme**

Please complete and return this form to your child's school office if you **do not want your child to participate**.

**I do not wish** my child to be weighed and measured for the National Child Measurement Programme.

Child's name: \_\_\_\_\_ Year: \_\_\_\_\_ Class: \_\_\_\_\_

Child's school: \_\_\_\_\_

Reason for opting out (please tick):

- My child has a health issue which affects their weight
- My child is overweight/underweight and I would prefer they were not measured at school, but I would like some information about healthy weight
- I do not wish to say

Any other comments: \_\_\_\_\_

Parent's/carer's name: \_\_\_\_\_

Parent's/carer's signature: \_\_\_\_\_

**Please return this form to your child's school office**

