

Dear Parent/Carer

### Height and weight checks for children in Reception and Year 6 in Nottinghamshire

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 NCMP provides information to help build an understanding of national and local trends in child weight. It is important to have a good understanding of how children are growing, so that the best possible advice and support can be provided for them and their families. **If your child is being measured by another service, it is still important for them to take part in the NCMP.**

The measurements will be supervised by a trained member of the Healthy Families team at school in a private space away from other pupils. Children who take part will be measured fully clothed except for their coats and shoes. For more information see [NCMP Facts for Parents](#)

Routine data, such as your child's name, gender, address, postcode, ethnicity and date of birth, will also be collected. The data from all schools in the area will be gathered together and held securely by our local authority public health team and will be made anonymous before being submitted for analysis at a national level.

All information and results will be treated confidentially. No child's height or weight will be given to school staff or other children, however, a copy of the result letter may be shared with your child's GP if your child falls outside the healthy weight range.

The programme's data are used within the local authority and NHS to help plan the provision of services and advice to support healthy weight and lifestyles in the area.

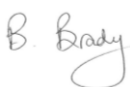
You will **not** be notified if your child is in the healthy weight category. If your child falls outside this category (underweight, overweight or very overweight) you will receive a letter with your child's results and you may be contacted by the Healthy Families Team. Of course, if you have any concerns with your child's growth, the Healthy Families Team is there for help and advice.

After the measurements, we will send you your child's results and information on healthy eating and being active. In the meantime if you would like more information on healthy lifestyles contact Changepoint on 03330 050092 [Everyone Health](#) or email [Changepoint@everyonehealth.co.uk](mailto:Changepoint@everyonehealth.co.uk)

#### **Opting your child out of the programme:**

Children will not be made to participate if they do not want to but 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 please write in confidence to the school for the attention of Healthy Families Team within 10 days of receiving this letter stating your child's name, date of birth, school and class, and the reasons for opting out.**

Yours faithfully



Barbara Brady  
Interim Director of Public Health  
Nottinghamshire County Council



Colin Pettigrew  
Corporate Director for Children, Families & Cultural Services  
Nottinghamshire County Council