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Dear Parent or Carer,

### **Measuring the healthy growth of children**

Each 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 (NCMP). Height and weight measurements are used to better understand the healthy growth of your child. We collect this information because it is in the interest of public health to understand how many children are living with a healthy weight or are above or below a healthy weight.

Your Head Teacher has agreed that your child's school will be participating in the NCMP, you can contact your school to find out when we will be visiting. If a high volume of children are absent on the date of our visit, we may need to make another unplanned visit so please complete the [opt out form \(here\)](#) if you do not wish for your child to be included in any NCMP measurements.

Please note, children will not be made to take part on the day if they do not want to.

The checks are carried out by our friendly and trained team of School and Community Health Facilitators, who are part of the School Nursing Service. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. The results will not be visible to your child.

To protect your child's health, robust safety and hygiene control measures will be followed at all times. As recommended in the national guidance of school and healthcare, the

rooms and equipment used to measure your child's height and weight will be thoroughly cleaned before use.

### **Personal and confidential data about your child**

The information collected from all schools in the area will be gathered and held securely by Gloucestershire Health and Care NHS Foundation Trust (GHC). We will store your child's information as part of their local child health record on the NHS's child health information database. It will not be shared with the child's school or with other children.

As part of the NCMP, we may share your phone number with [Beezee Families](#), the provider of Gloucestershire's Healthier Lifestyle Programme for children and young people. If your phone number is shared, a member of the friendly team may be in touch to let you know what offers are available in your local area.

To understand more about the data we collect, how we use and protect it, please read [Gloucestershire's NCMP Privacy Notice \(here\)](#).

### **Withdrawing your child from the Programme**

You do not need to do anything if you are happy for your child to:

- be weighed and measured,
- and for your phone number to be shared with Beezee Families.

If you do not want your child to take part in the NCMP, please complete the [online opt out form \(here\)](#). Where appropriate, please let us know the reason why you would prefer your child to opt out of the NCMP.

### **NCMP - receiving your child's measurement results**

You will receive a letter offering free support for your child(ren) and family if your child's results fall below or above the ideal healthy weight for their age, sex and height. The letter will also have further information on the NCMP process.

If your child's results are not below or above the ideal healthy weight for their age, sex and height but you still want to know the outcome, please complete the [online results form \(here\)](#).

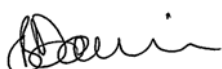
### **Transition to secondary school**

Throughout year 6, your child's school will be supporting them to make the next big step – moving to secondary school. Whilst for many children this is an exciting time and they will have the usual nerves and apprehension; some children will struggle to settle when they get there. The School Nursing Team are there to help! All secondary schools host a drop-in where your child can visit the School Nurse confidentially and without an appointment. They can talk about any health worries they might have, and the School Nurse will offer ways to help them cope. For more information about the drop-in at your child's secondary school, please see our [School Nursing website \(here\)](#).

Alternatively, the School Nurses have a free text service ('ChatHealth') that your child can use once they reach the age of 11yrs. This allows your child to reach out for help without meeting face to face. The texting service is available 9-4.30pm (Mon-Fri) except bank holidays. More information and the contact information, follow the [School Nursing website \(here\)](#).

We are always keen to understand what matters to you, so if you would like to get in touch, please phone **0300 421 8225**. Please leave a message clearly stating your child's name, date of birth, address, school they currently attend and your contact telephone number, followed by how we might be able to help.

Yours faithfully,



**Bridget Davies (Operational and Professional Head of School Nursing)**

This letter is also available in other languages. Please call 0300 421 8225 to enquire.

### Further information



1. NCMP



2. How NHS Digital and Public Health England collect and use information



3. NCMP in Schools

### Hints and Tips



4. Guidance: how to talk to your child about weight



5. Recipes, articles and top tips to help you live healthy and happy



6. NHS Healthier Families

1. For more information around the NCMP, including the Privacy Notice, please follow:  
<https://www.ghc.nhs.uk/our-teams-and-services/children-and-young-people/physical-health/school-nursing/screening/>
  
2. To see how NHS Digital and Public Health England collect and use information, please follow: <https://digital.nhs.uk/data-and-information/keeping-data-safe-and-benefitting-the-public/how-we-look-after-your-health-and-care-information>
  
3. For information around how the NCMP works in schools, please follow:  
<https://www.gov.uk/government/publications/national-child-measurement-programme-operational-guidance/national-child-measurement-programme-information-for-schools-2024>
  
4. For guidance around how to talk to your child about weight, follow here:  
<https://www.bath.ac.uk/publications/talking-to-your-child-about-weight-a-guide-for-parents-and-caregivers-of-children-aged-4-11-years/attachments/talking-to-children-about-weight-guidance.pdf>
  
5. To access recipes, articles and top tips to help you live healthy and happy, follow here:  
<https://beezebodies.com/blog/>
  
6. For lots of handy tips on how to keep your family healthy, follow:  
<https://www.nhs.uk/healthier-families/>
  
7. If you wish to opt your child out from the NCMP, please follow:  
<https://www.ghc.nhs.uk/self-refer/school-nursing-screening-form/>
  
8. For more information about School Nursing Drop-In Sessions, please follow:  
<https://www.ghc.nhs.uk/our-teams-and-services/children-and-young-people/physical-health/school-nursing/drop-ins/>
  
9. For more information about how to text your School Nurse using ChatHealth, please follow: <https://www.ghc.nhs.uk/our-teams-and-services/children-and-young-people/physical-health/school-nursing/>