



South Tyneside Council

Dear Parent or 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 (NCMP). Your child's class will take part in this year's programme. Please read the following information carefully.

Height and weight measurements are used to calculate weight status. We collect this information to build a picture of how children are growing to help plan better health and leisure services for families.

Parents/carers will receive their child's measurement data because this can be useful information about their child's growth and provides an opportunity to access support where required.

The programme will be delivered in a safe way, in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

The checks are carried out by registered school nurses or trained health care providers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

Maintaining the well-being of children in the NCMP

The wellbeing of children and families is very important. Measurements are conducted in a sensitive way, in private and away from other children. Research is ongoing to ensure that this continues to be done in a supportive way.

Individual results are not shared with your child or their school. The weight and height information is shared *only with you* via a parent/carer feedback letter. *It is your choice to share or not share the information with your child.*

If you are concerned about your child's growth, weight, body image or eating patterns, you can seek further support from your GP, or by contacting South Tyneside School Nursing Service on 0191 283 2947.

The information we collect and what it is used for:

Your child's data

Your child's date of measurement, sex and date of birth are used to calculate your child's weight category (also known as body mass index, or BMI).

Your child's name, date of birth and NHS Number are used to link your child's measurements in Reception and Year 6.

Other data sets held by NHS England and Department of Health and Social Care (DHSE) may also be linked to allow the addition of information from health and education records, where lawful to do so. This helps us to understand how and why the weight of children is changing, how this affects children's health and education, and how the care children receive can be improved.

This information may include your child's health data relating to:

- their birth
- hospital care (including time in hospital and out-patient appointments and diagnosis of medical conditions)
- mental health
- social care
- primary care (including all healthcare outside of hospital, such as GP and dental appointments)
- public health (including data relating to preventing ill health, such as immunisation records)
- records for when and the reason why people pass away
- medical conditions, such as cancer or diabetes
- health, lifestyle, and wellbeing surveys that your child has participated in

Your child's ethnicity and address are used to help understand some of the reasons for the difference and changes in child weight across England.

Why we need your contact details

We need your address to send you your child's feedback letter. This will include your child's measurements together with information about how you can support your child to eat healthily and be active, as well as details of local support.

How the data is used

All the data collected is used for improving health, care and services through research and planning.

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

The information collected from all schools in the area will be gathered together and held securely by South Tyneside Council. We will store your child's information as part of the local child health record on the NHS's child health information database and share it with the child's GP.

We will send all the information collected about your child to NHS England. NHS England is responsible for collecting data and information about health and care so that it can be used to monitor and 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), which is part of DHSC, but in a de-personalised form only. This means OHID **will not be able to identify your child**.

Both NHS England and OHID will use the information from the NCMP to better understand numbers and trends in child weight and BMI. This helps to plan services to support healthy lifestyles in your area. **No information will ever be published by NHS England or OHID that identifies your child**. NHS England uses the data to produce National Child Measurement Programme statistics reports showing trends at national and local level. These can be viewed at: <https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme>

De-personalised information from the NCMP 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**. NHS England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.

How your child's data is collected and processed as part of the National Child Measurement Programme (NCMP)

Local authorities have a legal duty to collect the NCMP data. They do this by following guidance from the Office for Health Improvement and Disparities (OHID), which is part of the Department of Health and Social Care (DHSC). Local authorities are responsible for making decisions on how the data is collected and for making sure it is protected. Local NCMP service providers are contracted to carry this out; in South Tyneside, this is through the school nursing team. The team collecting the data enter it into the NCMP IT system, which is provided by NHS England. The data is also entered into a local child health information system to allow results letters to be generated and sent to you. Your local authority is responsible for sending the data to NHS England. NHS England and the Office for Health Improvement and Disparities are jointly responsible for the data held at a national level. Your local authority is responsible for the data held locally.

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 measured, or *your child has a medical condition* that affects their height or weight, please let us know by contacting South Tyneside School Nursing Service on 0191 283 2947.

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

Yours faithfully,



Tom Hall
Director of Public Health
South Tyneside Council



Beverley Scanlon
Head of Learning and Early Help
South Tyneside Council

Further information

You can find further information about the NCMP at The National Child Measurement Programme NHS webpage: <https://www.nhs.uk/live-well/healthy-weight/childrens-weight/national-child-measurement-programme/>

You can find information and fun ideas to help your kids stay healthy at the NHS 'Better Health: Healthier Families' webpage, Easy ways to eat well and move more: <https://www.nhs.uk/healthier-families/>



Another way to help maintain a balanced diet and physical activity for your family is the NHS Healthy Steps email programme. Sign up for the 8-week Healthy Steps emails and you will be sent lots of low-cost simple tips, fun games, healthy swaps and tasty recipes on a budget. You can sign up by scanning the QR code, or at the NHS Healthy Steps - Step this way webpage: [https://healthysteps.betterhealth-](https://healthysteps.betterhealth-healthierfamilies.co.uk/signup?bh_hf=)

[healthierfamilies.co.uk/signup?bh_hf=](https://healthysteps.betterhealth-healthierfamilies.co.uk/signup?bh_hf=)

Information about how South Tyneside Council collect and use information can be found at <https://www.southtyneside.gov.uk/article/1650/Privacy-notice>

You can find information about how NHS England and DHSC collect and use information at:

- NHS England's 'How we look after your health and care information' webpage: <https://digital.nhs.uk/data-and-information/keeping-data-safe-and-benefitting-the-public/how-we-look-after-your-health-and-care-information>
- the DHSC 'Personal information charter' webpage: <https://www.gov.uk/government/organisations/department-of-health-and-social-care/about/personal-information-charter>

You can find information about the organisations NHS England has shared information from the NCMP at NHS England's National Child Measurement Programme webpage: <https://digital.nhs.uk/services/national-child-measurement-programme/>