



April 2026

Dear Parent/Carer,

Height and weight checks for children in reception classes in South Tyneside

Every year in England, school children in reception and year 6 have their height and weight checked at school. This is called the National Child Measurement Programme (NCMP). Your child is in reception, so they will be measured unless you tell us not to, the way to do this is at the bottom of this page.

The checks are carried out by school nurses or trained health workers. Children will keep their clothes on but take off their shoes. It will be done in private, away from other children.

We need to measure children to see how they are growing. This helps the NHS and local councils plan health services for families. It also helps parents and carers understand their child's growth.

After the measurements, you will get a letter in the post which will tell you your child's measurements. This will also give you information on who to contact if you want any support.

If you want to know more, you can watch the [NCMP process video](#). The video explains the NCMP and why it is important. It will guide you through what it involves, how your child's data is collected and processed and what it will be used for.

We care about your child's wellbeing. Checks are done sensitively and in private. We do not share results with your child or with their school. Only you will see the results when you get your feedback letter in the post, and it is up to you whether you want to tell your child.

If you are happy for your child to be measured, you don't need to do anything, the team will do the checks when they are in school. If you do not want your child to take part, or they have a medical condition that affects their growth, please let the South Tyneside Community Public Health (School Nursing) Service know by calling **0303 330 7700**.

Children will not be made to take part on the day if they don't want to.

Yours faithfully

Tom Hall
Director of Public Health
South Tyneside Council

Paul Marsden
Interim Head of Education
South Tyneside Council



South Tyneside Council

More information on your child's data:

- Your child's height, weight, age, sex, and date of birth are collected to calculate their weight category (also known as child body mass index, or BMI).
- Your child's ethnicity and address are collected to monitor differences in child growth and weight between ethnic groups, where children live and their backgrounds.
- Your child's name, date of birth and NHS number are collected to link their measurements from reception and year 6 to other information from health and education records held by NHS England, the Department of Health and Social Care and the Department for Education, where it is legal to do so.

You can read more about how the Department of Health and Social Care collects, stores and uses your child's information and data in the [National Child Measurement Programme privacy notice](#).

You can read more about how NHS England collects, stores and uses your child's information and data at [National Child Measurement Programme \(NCMP\): GDPR information](#).

At the NHS England [National Child Measurement Programme webpage](#) you can read more about:

- taking part in the programme
- how your data is collected
- how your data is used

You can read more about how South Tyneside Council collects, stores and uses your child's information at [National Child Measurement Programme \(NCMP\) privacy notice - South Tyneside Council](#)

More information about staying healthy:

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](#).

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 easy tips, fun games, healthy swaps and tasty recipes on a budget. You can sign up to NHS [Healthy Steps - step this way](#).

You can find further information about the NCMP at [The National Child Measurement Programme](#) NHS webpage.