North Yorkshire Council

County Hall
Northallerton
North Yorkshire
DL7 8AD
www.northyorks.gov.uk

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). We collect this information to build a picture of how children are growing to help plan better health and leisure services for families. **Your child's class will take part in this year's programme.**

As part of the programme, trained members of the Healthy Child Service team will measure your child's height and weight during the school day. To ensure children feel comfortable and respected:

- ✓ children are measured individually in a private area away from other pupils and school staff
- ✓ children remain fully clothed, except for their coats and shoes
- ✓ measurements are completed quickly, sensitively and confidentially

You can watch the NCMP process animation video, which explains the process of 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. Further details are provided in the pages below.

Once the measurements have been carried out, parents and carers will receive information explaining how they can access their child's results and learn about local health and wellbeing support available to families. **Please note:** Your child's measurements are treated confidentially and managed securely in line with national data protection requirements. Individual results are not discussed with children in school and are not shared with school staff.

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 if your child has a medical condition that affects their height or weight or ability to be measured, please let us know using the contact details below. **Please note:** opting out your child will only apply in this particular year. Also, children will not be made to take part on the day if they do not want to. If you are concerned about your child's growth, weight, body image or eating patterns, please seek further support from your GP.

Yours faithfully,

Louise Wallace, Director of Public Health, North Yorkshire Council

OFFICIAL

Further Information

Local contacts for the National Child Measurement Programme in North Yorkshire:

- HDFT 0–19 Children's Services Single point of Contact: hdft.ncmp@nhs.net



- Anney Tyler, NCMP Service Manager, Harrogate and District NHS Foundation Trust, hdft.ncmp@nhs.net
- Helen Ingle, Public Health Manager, Public Health Team (North Yorkshire Council), helen.ingle@northyorks.gov.uk

Staying Healthy

For help with healthy growth and healthy lifestyles, you can contact the FREE **Healthy You** service, which helps families in North Yorkshire to make small, sustainable lifestyle changes (e.g. on healthy eating, sleep and physical activity) and can help you to access local activity sessions. A team of friendly, qualified Healthy You Practitioners will be there every step of the way through a combination of options, including one-to-one, group, online, telephone and face-to-face support. Practitioners will support you to set personalised goals to help you make positive changes to your health and wellbeing. For more information or to book a place yourself, please visit: Healthy You | North Yorkshire Council

You can also 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 webpage or scan the QR code:

OFFICIAL

About the NCMP

You can find further information about the NCMP at The National Child Measurement Programme NHS webpage.

Your child's data and how it is used

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).

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.



How the data is used

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 North Yorkshire Council and HDFT collects, stores and uses your child's information at: Public Health privacy notice | North Yorkshire Council and Privacy Notices - Harrogate and District NHS Foundation Trust



OFFICIAL

School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme

PARENTS ARE NOTIFIED



Parents receive a letter about measurement day at their child's school. The letter tells parents how children are measured, what data is collected, and why.

SCHOOL HEIGHT & WEIGHT CHECKS



Measurements are carried out by trained staff e.g. school nurse assistant. Children take off their coat and shoes for a more accurate measurement.

PARENTS' FEEDBACK LETTER



Most areas send parents a confidential letter about their child's weight status within 6 weeks of measurement.

PARENTS' ACTION

A parent can speak to their school nurse or GP for further advice and support about their child's weight and growth.



Parents can visit the **children's weight** page at Better Health - Families for tips on healthier changes.

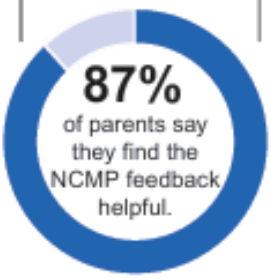
Parents can monitor their child's weight by visiting the **NHS healthy weight calculator.**

DATA USE

The data is held by the local authority and sent to NHS England and Department of Health and Social Care, where it is stored securely and used for analysis.
It builds a picture of how children are growing to help plan better health and leisure services for families.



Every year in England, over a million children in Reception (aged 4-5) and Year 6 (aged 10-11) have their height and weight measured to calculate their weight status.



What we know from the data collected so far

- Most children in Reception and Year 6 are a healthy weight.
- Around one in ten children in Reception is very overweight. This doubles to one in five children by year 6.
- The number of very overweight children in Year 6 is increasing year on year
- Most children who are overweight in Reception will remain so or become even more overweight for their age by year 6 without action to achieve a healthier weight.

Because many children are overweight, we are all becoming used to seeing heavier children as the norm. It means we cannot always tell when a child is overweight. That is why many parents find it helpful to have an objective measurement of how their child is growing. More than 8 in 10 parents say this information is helpful and they can then make decisions about their child's lifestyle and wellbeing to make changes, or seek support if necessary.

Why achieving a healthy growth is important

When children are a healthy weight, they feel better about themselves. They find it easier to play and learn. And they are more likely to grow up healthy too. Helping them to be a healthier weight when they are a child can set up their health and wellbeing for life.

You can encourage the whole family to enjoy eating healthily and being active which will help your child achieve and maintain a healthier weight. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.

For more information on helping your family lead a healthy life, please turn over.

Department of Health & Social Care

© Crown copyright 2022
Department of Health and Social Care
This publication is licensed under the terms of the Open Government Licence v3.0 except where otherwise stated. To view this licence, visit nationalarchives.gov.uk/doc/open-government-licence/version/3 Where we have identified any third party copyright information you will need to obtain permission from the copyright holders concerned.

OFFICIAL

Better Health Let's do this

NHS

Better Health Families is here to help your family be healthy and happy

Sign up for NHS Healthy Steps emails

Better Health Let's do this

Sign up for 8 weeks of Healthy Steps emails to help your family make small changes to make a big difference. We'll send you lots of budget-conscious, simple family recipes, fun games and healthy swaps!

Visit **healthysteps.uk** or scan the QR code to get started!

Be Sugar Smart

Kids are having over double the amount of sugar than they should. Too much sugar is bad for teeth and can lead to weight gain. But don't worry, we have some simple swaps to help you be sugar smart and cut back.



Sugary drinks are bad for teeth and lead to decay. Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks. Limit fruit juice to no more than 150ml a day and stick to meal times.



Eating breakfast every day is important, but some breakfast choices have much more sugar than you think. Opt for plain porridge, shredded wholegrain or plain wholewheat biscuit cereals. Help your kids towards their 5 a Day by adding in chopped fruit.

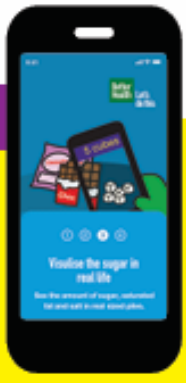
Sugary snacks can all add up! Fruit and vegetables are always the best snack. But when choosing packaged snacks, stick to two a day max.

See what's really inside your food and drink

Food scanner

Download the FREE NHS Food Scanner app to see how much sugar, salt and saturated fat are in your favourite food and drinks, and to find healthier swaps.

Download on the App Store GET IT ON Google Play



Find Better Health Families on Facebook!

OFFICIAL