Families' Health and Wellbeing Service 0-19
Children and Families Single Point of Access (CaFSPA)
Anglesey House
Towers Business Park
Wheelhouse Road
Rugeley
WS15 1UL
Telephone 0808 178 0611

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. This is called the National Child Measurement Programme (NCMP). The checks are carried out by registered school nurses or trained health and care providers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. You can watch the NCMP process animation. The animation 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.

## Why do we need to measure children?

Children's height and weight measurements are collected to build an understanding of how children are growing. The information from the NCMP is used by local councils and the NHS to plan the provision of health and leisure services for families to promote healthier growth in children.

Across Staffordshire, parents receive their child's measurement data, because this can be useful information about their child's growth. It also provides an opportunity to offer support to parents where required. Your child's class will take part in this year's programme.

If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from our school nurses through our Families' Health and Wellbeing 0-19 Service by calling the CaFSPA on 0808 178 0611 or texting our parent's ChatHealth service on 07520 615 722 or through your child's GP.

## What information is collected and why

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.

## Information about how personal information and data is collected and stored

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 Midlands Partnership University NHS Foundation Trust collects, stores and uses your child's information at Privacy Notice :: Midlands Partnership University NHS Foundation Trust

## How you can withdraw your child from participating in the NCMP

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 completing an 'opt out' form. These are located in your Schools Reception. Children will not be made to take part on the day if they do not want to.

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## How is a child's mental health and wellbeing considered in the NCMP

The wellbeing of children and families is very important to the programme. Measurements are conducted in a sensitive way, private and away from other children. Individual feedback is not shared with your child or their school.

Feedback of the weight and height information is shared only with you by post or digital methods, such as Patient Knows Best. It is your choice to share or not share information with your child.

If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a school nurse or GP.

## Further information

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.

## Local Support Information

If you do not want your child's height and weight to be measured as part of the pro-gramme, information and support is still available via:

- The 0-19 Families Health and Wellbeing Service pages on the MPFT website Fami-lies Health and Wellbeing 0-19 service :: Midlands Partnership Foundation Trust (mpft.nhs.uk)
- The 0-19 Families Health and Wellbeing CAFSPA - a skilled and knowledgeable team of School Nurses, Health Visitors and Nursery Nurses can provide information, advice, support and guidance. The CAFSPA is available 9am-5pm Monday to Friday on 0808 178 0611.
- ChatHealth texting service - If you prefer, you can text the confidential parent's text service on 07520 615 722. The ChatHealth service is available Monday to Friday between 9am-5pm, including school holidays but excluding bank holidays. If you send a text message outside of these hours, you will receive an automated message explaining that our School Nurses or Health Visitors will reply when the service reopens. Texts are charged at your normal network rate.

You can also find a range of activities in your area through visiting Staffordshire Connects. This includes information of activities, groups and clubs in your area. You could visit your local parks which are great places for you and your family to take a walk, have fun, enjoy nature and get active. Visit Staffordshire County Council website for a full list of country parks List of parks, picnic areas and greenways - Staffordshire County Council.

Time 4 Wellbeing is a free weight management service to help children and their families achieve and maintain a healthier weight. There are several types of programs offered including one to ones, groups, digital support and even sessions delivered during school holidays. Please visit the website Time4Wellbeing - Time 4 Sport UK or call 01782 40 96 77 or 07707 275 409 for further details or contact our CAFSPA if you would like us to refer you to this service.

Yours faithfully,

*Ruth Blunn-Jennings*

Ruth Blunn-Jennings
Commissioning Officer
Staffordshire County Council



**Dr Richard Harling MBE, FFPH, MBBS, MSc**

Director of Health & Care

*Louise Harrison*

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