



October 2021

Community Children's Health Partnership
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Haddii aad u baahatid dukumentigan luqad kale, fadlan tag:

:إذا كنت تحتاج إلى هذا المستند بلغة أخرى ، فيرجى الانتقال إلى:

Jeśli potrzebujesz tego dokumentu w innym języku, przejdź do:

sirona.communications@nhs.net

Dear Parent/Guardian

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. Height and weight measurements are used to calculate weight status. We collect this information because it is in the public interest to understand how many children are overweight, healthy weights or underweight. This information can also be helpful for parents so that they can support their child to be a healthy weight. Your child's class will take part in this year's programme.

If your child is in Reception or Year 6, you will receive feedback of your child's measurements and additional information to support healthy living, including information on local activity clubs.

The only exception to this is if your child is in Reception, and their measurements indicate they are healthy, we will not contact you.

How we collect your child's measurements

The checks are carried out by trained school health nursing staff. These are carried out in small groups for reception year and individually for year 6 pupils. Children are measured fully clothed, except for their coats and shoes. The programme will be delivered in a COVID-safe way, in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

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. Individual results are not shared with your child or their school. The weight and height information is shared only with you in the parent or carer feedback letter. It is your choice if you share the information with your child. If you are concerned about your child's growth, weight, body image or eating patterns, please seek further support from the school nursing team on the above contact number or General Practitioner.

The emotional impact of the NCMP has been researched and studies show that body image, self-esteem, weight-related teasing and restrictive eating behaviours do not change as a result of being measured or



receiving feedback.

The information we collect and what it is used for:

- your child's date of measurement, sex and date of birth are used to calculate your child's weight category
- 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 Digital and Department of Health and Social Care may also be linked as this would let us add information from health and education records, where lawful to do so, to understand how and why the weight of children is changing, and how this affects children's health and education and how we can improve the care children receive. This includes 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 - includes 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, 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
- your email address and telephone number are required as we may contact you by email or telephone to discuss your child's feedback/ send you your child's feedback letter by email/ offer you further support following your child's height and weight measurement.

All the data collected is also 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.

How the data is used

The information collected from all schools in the area will be gathered together and held securely by Sirona care & health and Bristol City Council. We will store your child's information as part of their local child health record on the NHS's Child Health Information Database and share it with their GP.

All the information collected about your child will be sent by us to NHS Digital. NHS Digital is responsible for collecting data and information about health and care so that this 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 Digital with Public Health England but in a depersonalised form only. This means Public Health England will not be able to identify your child. Public Health England is responsible for working to protect and improve the nation's health.

Both NHS Digital and Public Health England will use the information from the National Child Measurement Programme to better understand numbers and trends in child weight and body mass index (BMI). This helps with the planning of services to support healthy lifestyles in your area. No information will ever be published by NHS Digital or Public Health England that identifies your child.

De-personalised information from the National Child Measurement Programme may also be shared by NHS Digital 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, and NHS Digital only ever shares information for research with the approval of an independent group of experts.

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 checked, or your child has a medical condition that affects their height or weight, please let us know by completing the opt out form at the end of this letter and returning it to your child's class teacher.

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

Further information

Further information about the National Child Measurement Programme can be found at <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>

Information and fun ideas to help your kids stay healthy can be found at <https://www.nhs.uk/change4life>

Information about how the Children's Community Health Partnership collect and use information can be found at <https://communityequipment.sirona-cic.org.uk/privacy-policy/>

Information about how NHS Digital and Public Health England collect and use information can be found at <https://digital.nhs.uk/about-nhs-digital/our-work/keeping-patient-data-safe/how-we-look-after-your-health-and-care-information> and <https://www.gov.uk/government/organisations/public-health-england/about/personal-information-charter>

Information about the organisations NHS Digital has shared information from the National Child Measurement Programme can be found at <https://digital.nhs.uk/services/national-child-measurement-programme>

Yours faithfully,

School Health Nursing Service

Opt Out Form

Opting your child out of being weighed and measured.

If you are happy for your child to be weighed and measured you **do not** need to do anything.

If you do not want your child to take part please print and complete the form below and return it to your child's class teacher.

If you are unable to print a copy of this form please contact the school office where you will be able to obtain a paper copy.

If your child moves to a different school during the academic year please ensure that you inform your child's new school if you do not want your child to take part.

I do not wish my child to take part in the National Child Measurement Programme
(Please tick box to confirm you do not wish your child to be checked)

Child's Name:

Date of birth: **Male/Female (delete as appropriate)**

Address:

Postcode:..... **School:**

This form needs to be signed by a person with legal parental responsibility for this child and returned to school.

Print name: **Sign name:**

Relationship to child: **Date:**

This form needs to be signed by a person with legal parental responsibility for this child.

Please return to your **child's class teacher** as soon as possible.

Please contact your School Nursing team on the above number or by email if you wish to discuss this form or any aspect of your child's health.