September 2026

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.

The School Nursing team from Guys & St Thomas` NHS Foundation Trust (GSTT) will take the measurements in a safe way in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

Your child will be measured between October and June

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.

In most areas, 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.

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 Guys and St Thomas NCMP provider collects, stores and uses your child's information at www.evelinalondon.nhs.uk

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 feedback is not shared with your child or their school.

The height and weight information is shared only with you via a parent feedback letter and/or telephone call. 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, seek further support from a school nurse or GP.

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 healthy eating, being active and related activities available in your area.

We need your phone number because we may:

- contact you by phone to discuss your child's feedback
- offer you further support following your child's height and weight measurement

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.

Children who are measured as very overweight could also have their information shared with their GP. They may be able to offer further support and advice and refer children to other services who can support children measured as very overweight.

Once your child's height and weight are checked, the School Nursing team will send you your child's results through the post or via email. If you do not receive your child's result within 6 weeks of measurement, please contact School Nursing duty on **0203049 4777**

If you would like any further advice regarding healthy lifestyles or your child's weight please contact the School Nurse Service duty desk by phone on 020 3049 4777 or by email: gstt.schoolnurseadmin@nhs.net

Yours sincerely,

Ruth Hutt
Director of Public Health
London Borough of Lambeth

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 your school know by completing the form below and handing it into your school before your school's measurement take place.

Alternatively, if you're unsure whether your child should be measured due to a medical condition, please contact the school nurse service through ParentLine text message service on **07520 631 130** or you can call duty on **0203049 4777** to discuss.

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

Opting your child out of being weighed and measured

Return this form to your school if you **DO NOT** want your child to participate.

Evelina London

Guy's and St Thomas' NHS
NHS Foundation Trust

Lambeth

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Form 1: Opt-out slip

I **do not** wish my child to be weighed and measured for the National Child Measurement Programme.

Child's name: _____ Year: _____ Class: _____

Child's school: _____

Parent/carer Name: _____

Parent/carer signature: _____

Please return to **the school.**