

**Private and confidential**

**Single Point of Access**

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3rd September 2019

**Letter reference:** Height and weight checks for children in Reception and Year 6

Dear parent/carer,

Each 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).

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 weight or underweight. Your child's class will take part in this year's programme.

You can view a short video about the benefits of the NCMP here: [https://youtu.be/i8\\_mubVI6hk](https://youtu.be/i8_mubVI6hk)

The checks are carried out by trained health care professionals. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

The information collected by us includes your child's height and weight measurements together with their name, date of birth, gender, home address and postcode, NHS Number and ethnicity.

This information about your child is needed because their age, gender, ethnicity and the place they live are known to affect their height and weight. Their name, date of birth and NHS Number is needed to link your child's measurements to other information about your child. All this information is **treated confidentially** and held securely by us. It will not be shared with your child's school or with other children.

### **Withdrawing your child from the National Childhood Measurement Programme**

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 contact the number at the top of this letter **by Thursday, 19 September 2019**.

To opt your child out, please provide us with:

Trust HQ The Oast, Unit D, Hermitage Court, Hermitage Lane, Barming, near Maidstone, Kent ME16 9NT

Name of child  
Date of birth  
School (including address)

If you consent to your child being measured and being part of the National Childhood Measurement Programme, then you do not need to do anything.

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

If your child is measured, you will receive a letter with the results and may also be phoned by a school health clinician to discuss your child's results.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Catherine Burton', with a long, sweeping underline.

**Catherine Burton**  
**Head of School Public Health and Immunisation Service**

## **What happens to the information?**

Once completed, we will send your child's measurements home, together with information about healthy eating, lifestyle and being active. If appropriate, a member of the 0-19 service will contact you by telephone to discuss your child's measurement results further.

The information collected from all schools in the area will be gathered together and held securely by Kent County Council. We will store your child's information on their local child health record on the child health information database.

No individual measurements will be given to school staff or other children, and all information will be treated confidentially.

All the information collected about your child will be sent by us to NHS Digital. NHS Digital is responsible for collecting health and care information to check how the NHS and social care services are doing, and to use this to 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 de-personalised 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.

If your child was previously measured for the National Child Measurement Programme, NHS Digital may link your child's current and previous height and weight measurements. It may also link their measurements with other information it holds about your child such as their dental survey results or the reasons for any visits they may have made to hospital. Linking your child's information in this way helps better understand how and why the weight status of children is changing.

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.

## **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 Kent Community Health NHS Foundation Trust collect and use information can be found at [www.kentcht.nhs.uk/legal/](http://www.kentcht.nhs.uk/legal/)

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>