

Academic Year September 2019 – August 2020

**Dear Parent/ Carer,**

### **Height and weight checks for children in Reception and Year 6**

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. Your child's class will take part in this year's programme. Information about the programme is included in the attached leaflet "School Height and Weight Measurements."

The checks are carried out by Hampshire's Public Health School Nursing Service. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. Children will not have to participate if they do not wish to on the day.

Once completed, you will receive your child's measurements and body mass index (BMI) in a letter together with useful information. It is helpful to have a good understanding of how children are growing so that the best possible advice can be provided for you and your family, BMI is the most useful and straightforward way to assess weight. Helping children to achieve a healthy weight is both a national and local priority and this programme of weighing and measuring can help to identify where additional support could be offered to families. The Public Health School Nursing Service is available for advice and support about your child's result. You can search for your local school nurse team using the following link:

<http://www.southernhealth.nhs.uk/services/childrens-services/school-nursing>

### **How information is used**

All information is treated confidentially and held securely by the Child Health Information Service (provided by Southern Health Foundation Trust) and Hampshire County Council. It will not be shared with your child's school, school staff or with other children.

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 is needed to ensure the record is correct and can help to explain demographic factors affecting a healthy weight.

All the information collected about your child will be sent securely by Hampshire County Council to NHS Digital. NHS Digital is responsible for collecting health and care information to monitor NHS and social care services to improve the care provided to people across England.

NHS Digital will then anonymise the information and share it with Public Health England. 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 understand 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 is now in Year 6 and was previously measured for the National Child Measurement Programme in Reception, 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 any dental survey results or reasons for any hospital visits. Linking your child's information in this way helps better understand how and why the weight status of children is changing over time.

Anonymised 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, please let us know by writing a letter to your child's Head Teacher within two weeks of receiving this letter.

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 Public Health at Hampshire County Council collect and use information can be found at <https://www.hants.gov.uk/educationandlearning/dataprotection>

Information about how the Public Health School Nursing Service collect and use information can be found at <https://www.southernhealth.nhs.uk/patients-and-carers/privacy-notice/>

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,



**Simon Bryant**  
**Interim Director of Public Health**  
**Hampshire County Council**



**Steve Crocker**  
**Director of Children's Services**  
**Hampshire County Council**

Date of signature: 15 August 2019

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