

Dear parent/carer,

This letter sets out some important information about your child having their height and weight measured as part of the National Child Measurement Programme (NCMP).

### 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 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.

**The checks are carried out sensitively by registered school nurses or trained school nurse assistants. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.** The programme will be delivered in a safe way, in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

If your child's results suggest that they are underweight or overweight, we will try to contact you to discuss how we can help.

If you are concerned about your child's growth, weight, body image or eating patterns, you can seek further support from the Healthy Futures Calderdale school nursing team on **030 3330 9974**.

### Maintaining the wellbeing 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 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 how it is used

Over the page, you can find out more about the information collected as part of the NCMP and how it is used.

### Withdrawing your child from 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 checked, or your child has a medical condition that affects their height or weight please let us know within seven days of receipt of this letter by contacting the school nursing team on 030 3330 9974.**

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

## Advice and support from the Healthy Futures Calderdale school nursing team

If you have any concerns about your child's health or wellbeing, the Healthy Futures Calderdale school nursing team can be contacted by phone on **030 3330 9974**, or by text using ChatHealth, our secure and confidential text messaging service for school-aged children and their families in Calderdale.

Parents/carers can text: **07507 332157**, and young people can get in touch by texting **07480 635297**.

Information and fun ideas to help your children stay healthy can be found at

<https://www.nhs.uk/healthier-families/> and you can take a look at our quick, easy, low-cost family recipe ideas on the Healthy Futures Calderdale YouTube channel: <https://tinyurl.com/hfcyoutube>.

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.

Yours faithfully,



Deborah Harkins  
Director of Public Health  
Calderdale MBC



Julie Jenkins  
Director of Children and Young People's Services  
Calderdale MBC

## How your child's data is collected and processed as part of the National Child Measurement Programme (NCMP)

Local authorities have a legal duty to collect the NCMP data. They do this by following guidance from the Office for Health Improvement and Disparities part of the Department of Health and Social Care (DHSC). Local authorities are responsible for making decisions on how the data is collected and for making sure it is protected. Local NCMP service providers are contracted to carry this out; this might be through the school nursing team working in schools or a local healthcare provider. The team collecting the data enter it into the NCMP IT system, which is provided by NHS Digital. The data may also be entered into a local child health information system. Your local authority is responsible for sending the data to NHS Digital. NHS Digital and the Office for Health Improvement and Disparities are jointly responsible for the data held at a national level. Your local authority is responsible for the data held locally.

### 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 the 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
  - such as your child's dental survey results or any visits to hospital they may have had. Linking your child's information in this way helps us to understand how and why the weight status of children is changing, and how this affects children's health
- 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 address is required to send you feedback if your child's measurements suggest that they are underweight or very overweight.
- Your email address and telephone number are required as we may contact you by telephone to discuss your child's feedback

**All the data collected is also used for improving health, care and wellbeing policy and services through research and planning.**

**This information is treated confidentially and held securely by us. 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 Calderdale MBC. We will store your child's information as part of their local child health record on the NHS 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 health and care services and support provided to people across England.

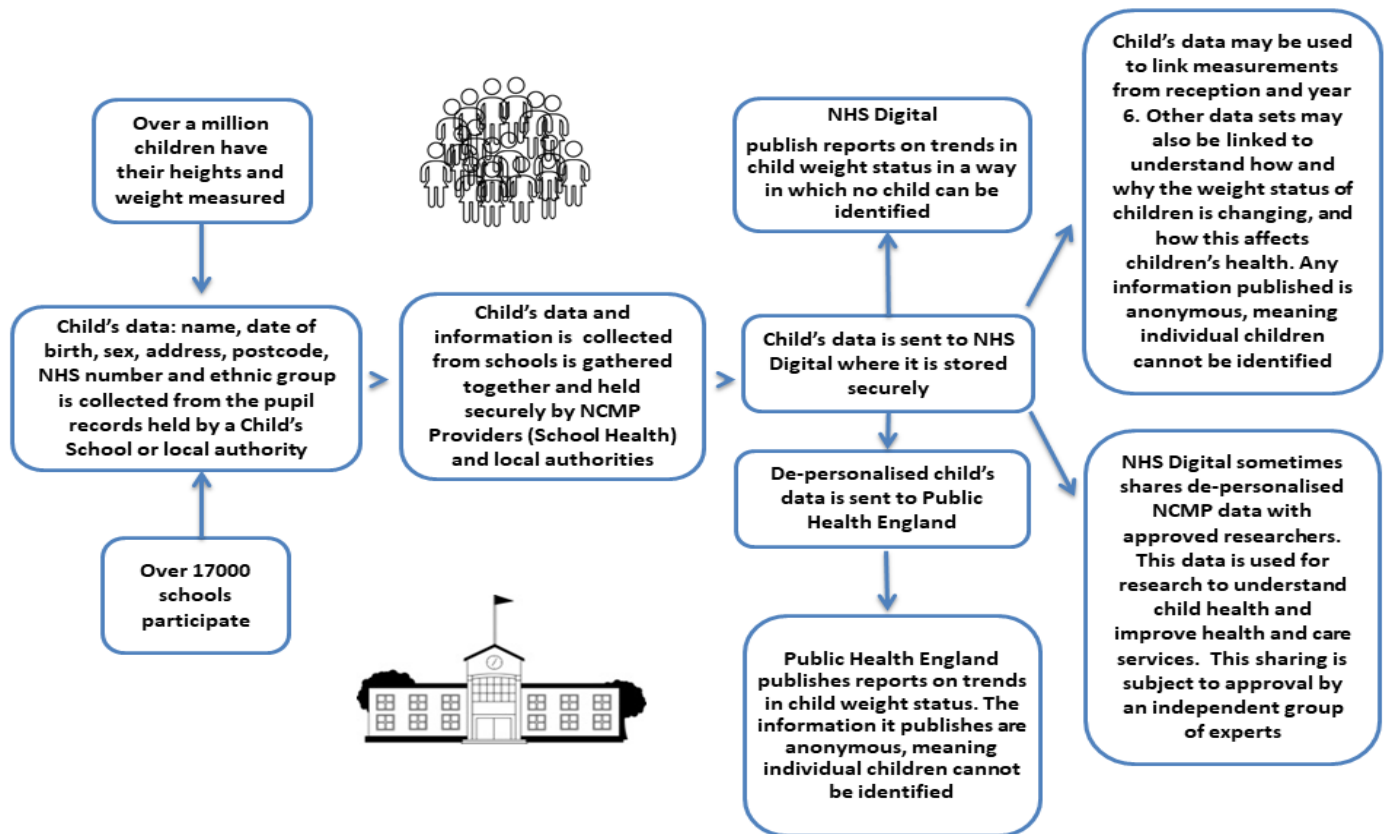
The information collected about your child will also be shared by NHS Digital with the Office for Health Improvement and Disparities (OHID) which is part of the Department of Health and Social Care (DHSC), but in a de-personalised form only. This means OHID will not be able to identify your child. OHID is responsible for working to protect and improve the nation's health.

Both NHS Digital and OHID 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 informs national policy and local services to support children be a healthy weight. No information will ever be published by NHS Digital or OHID 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 and wellbeing policy 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.

Information about how NHS England and Office for Health Improvement and Disparities 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/department-of-health-and-social-care/about/personal-information-charter>

The chart below displays what happens to your child's data as part of the NCMP.



### Further information about the National Child Measurement Programme

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 about how Calderdale MBC and Locala Community Partnerships collect and use information can be found at

<https://www.calderdale.gov.uk/v2/council/data-and-information/data-protection-and-freedom-information/data-protection/privacy-notice>

and <https://www.locala.org.uk/about-us/how-we-are-doing/information-governance/privacy-notice-gdpr-information/>

Information about how NHS Digital and OHID 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/department-of-health-and-social-care/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>.