

PUBLIC HEALTH

Solihull MBC

Third Floor

Council House, Solihull

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Email: ncmp@solihull.gov.uk

Dear Parent/Carer,

Height and weight checks for children in Reception and Year 6

Will take place in School on Thursday 23rd April 2026

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.

This is a national programme which is used to measure how many children are a healthy weight and to provide extra support to any families that would like this. Your child's class will take part in this year's programme.

The NHS School Nursing Team will measure your child's height and weight. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. The team will follow the latest NHS hand hygiene, cleaning and safeguarding guidelines.

The School Nursing Team will collect the following information:

- The date your child is measured, their sex and date of birth.
- Your child's ethnicity and postcode.
- Your child's name, date of birth and NHS Number.

This information is used to link your child's measurements in Reception and Year 6. Other data sets may also be linked 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.

If your child's measurements show that they could be underweight, overweight or very overweight, we will send you your child's results to you by the email or contact you by phone. We will use the email address that your child's school has as your priority contact email address. We will also send you tips and advice around healthy eating and exercise including local activities for you to look at. You will not be contacted if your child is growing as expected for their age, sex and height.

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 contacting the School Nursing Team on **0121 726 6754**.

If children change their mind on the day, they should tell the school nursing team or their teacher: their views will be respected and they will not need to take part.

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 held securely by Solihull 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 the national Office for Health Improvement and Disparities, without personal information which could identify your child. No information will ever be published 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 through formal assurance and approvals processes, seeking advice from experts as necessary.

Further information on the programme is included with this letter.

Thank you for your support and for reading this letter.

Yours sincerely,

John Forde

John Forde
Public Health Consultant
Solihull MBC

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/healthier-families/>

Support to get active is available for children, young people and families, find out what resources are available across Solihull at <https://solihullonthemove.co.uk/get-support-to-be-active/families/>

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>

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

