

Lambeth Public Health
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London, SW2 1EG
Email: publichealth@lambeth.gov.uk

October 2021

Dear Parent or Carer,

Height and weight checks for children in Reception and Year 6

All Reception and Year 6 pupils in England are invited to have their height and weight checked through the National Child Measurement Programme (NCMP). This important programme helps us to better understand how many children are overweight, a healthy weight or underweight. Your child's class will take part in this year's programme.

The checks are carried out by registered school nurses or trained health care providers from Guys & St Thomas` NHS Foundation Trust (GSTT). 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 COVID-safe way, in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

Your child`s cultural needs will be respected. Only children who are able to stand unaided can be weighed and measured. If your child cannot participate and you would like to discuss this, please contact the school nursing team on 0203 049 4777.

Maintaining the well-being of children in the NCMP

Individual results are not shared with your child or their school. The weight and height information is shared only with you in the parent or carer feedback letter. It is your choice if you 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 General Practitioner.

The information we collect and what it is used for is listed below:

- 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 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
 - Your address is required 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 Lambeth.
 - your email address and telephone number are required as we may contact you by email or telephone to discuss your child's feedback.

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

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 gathered together and held securely by Guys & St Thomas` NHS Foundation Trust (GSTT). 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.

Further information about the data processing process can be found on <https://www.evelinalondon.nhs.uk/our-services/community/school-nursing-service/national-child-measurement-programme.aspx>

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 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 living in your area. No information will ever be published by NHS Digital or Public Health England 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 with the approval of an independent group of experts.

Withdrawing your child from the National Child Measurement Programme

Your child will be measured **this academic year.**

If you do not want your child to take part, contact the **School Nursing team on 020 3049 4777**. If you are happy for your child to be weighed and measured, you do not need to do anything. Children will not be made to take part if they do not want to.

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 Denise Phillips, Nurse Community Matron for School Nursing on denise.phillips@gstt.nhs.uk or by phone on 07824461120.

If you would like any further advice regarding healthy lifestyles or your child's weight please contact the school nursing team on 0203 049 4777.

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 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](https://www.gov.uk/government/organisations/public-health-england/about/personal-information-charter) 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,



Ruth Hutt
Director of Public Health
London Borough of Lambeth

Opting your child out of being weighed and measured

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

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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 Office**