



The National Childhood Measurement Programme (NCMP)

Every year in England, children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP). Your child's class will take part in this year's measurement programme.

The NCMP provides information to help build an understanding of national and local trends in children's weight. It is important to have a good understanding of how children are growing, so that the best possible advice and support can be provided for them and their families.

The measurements will be carried out by trained school health staff at school in a private space away from other pupils. Children who take part will be measured fully clothed except for their coats and shoes. Routine data, such as your child's name, date of birth, gender, address, postcode and ethnicity will also be collected.

Data from all schools in the area will be gathered together and held securely by East Sussex County Council's Public Health Team. Please note that your child's information is stored on their child health record.

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

The programme's data is used within local authorities and the NHS to help plan the provision of services. It gives valuable insight to support healthy weight and lifestyles. Information is submitted for national analysis and publication in a way that means individual children cannot be identified.

After the measurements have been taken, your child's results will be available to view on the SchoolScreener parent portal, as well as information on healthy eating, being active and activities in your area. You may also be contacted by a member of the School Health Team by phone.

We may discuss Ready Steady Go with you. This is a healthy lifestyle club supported by East Sussex School Health. It is a fun and interactive programme for children and their parents or carers and is designed to help with achieving and maintaining healthy weights.

Maintaining the well-being 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 weight and height information is shared only with you in the parent or carer feedback letter, which you can access via the parent portal, unless you have informed us that this is not possible in which case you will receive a 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 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.

Withdrawing your child from the National Child Measurement Programme

If you are happy for your child to be screened and measured, please register on the SchoolScreener parent portal as soon as possible, so you will receive their results but 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 register on the SchoolScreener parent portal as soon as possible and tick the opt out, or by using the contact details at the bottom of this email.

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

COVID-19 precautions

Your child's safety is of the utmost importance to us. With this in mind we are introducing the following measures:

- we will be wearing PPE, including a mask, apron and gloves
- tables, chairs and equipment will be cleaned between each bubble

The School Health Service can be contacted Monday to Friday, 8.30am to 5pm.

Phone: 0300 123 4062

Email: kentchft.esschoolhealthservice@nhs.net

Web: www.kentchft.nhs.uk

Online referral form: www.eastsussexchildren.nhs.uk

NHS
East Sussex
School Health Service

Aged 11 to 19?
Or parent/carer of a
child or young person
aged 5 to 19 years old?

**Speak to a
school nurse
in person.**
Tuesdays and Thursdays
10am to 3 pm
and 6 to 9pm

Click <https://nhs.uk/east-sussex-school-health>
or text
07507 332473 anytime.

**East Sussex
School
Health**

Service provided by Kent Community Health NHS Foundation Trust

Confidential, private and here for you.

Details about the information we collect from you, what we do with it and how it may be shared can be found in the leaflet. What happens to personal information held about you? Which you can find online: www.kentchft.nhs.uk/personalinfo or you can ask your healthcare professional