



Public Health Department  
Leicestershire County Council  
Room G58  
County Hall  
Glenfield  
Leicester  
LE3 8TB

November 2021

To: All Parents/Carers of Children in Reception and Year Six

### **Height and Weight measurements for Children in Reception and Year Six (January – April 2022)**

Every year in England, children in Reception and Year Six 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 child 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 every child and their family.

The measurements take place in school and will be undertaken by trained school nursing staff in a private space away from other pupils. We are working closely with your child's school, ensuring that the programme will be delivered in a COVID-safe way, in line with the school and local authority's safety control measures. This includes robust hand and respiratory hygiene and enhanced cleaning arrangements for the rooms and equipment used to measure your child's height and weight as recommended in the national guidance for schools and healthcare.

The school nurse will wear Personal Protective Equipment (PPE) as appropriate. Children will not be required to wear PPE at any point during the measurement process. 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, sex, address, postcode and ethnicity will also be collected.

The data from all schools in the area will be gathered together and held securely by our local authority public health team. Please note that we may store your child's information on their health record and share it with their GP. 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 the local authority and NHS to help plan the provision of services and advice to support healthy weight and lifestyles in the area. The information is also submitted for national analysis and publication in a way that means individual children cannot be identified.

After the measurements, we will send you your child's results and information on healthy eating, being active and activities available in your area. The letter will be addressed to you as Parent/Carer and will include your child's name. We don't think you should automatically share your child's result with them, which is why this letter is directly addressed to you.

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 or weights to be measured, please follow the instructions below to opt your child out of this year's measurements.

**Children will not be made to participate if they do not want to.**

Please ensure that you have opted your child out of the programme by 22<sup>nd</sup> December 2021.

**How to Opt your Child out of the NCMP**

You can opt your child out of the 2022 NCMP by contacting the NCMP Team using the information below.



QR Code

[bit.ly/ncmpout](https://bit.ly/ncmpout)

Short URL/Web Link

Alternatively, you can email or write to the NCMP Team using the contact information below:

**Email Address:** [lpt.ncmpprogramme@nhs.net](mailto:lpt.ncmpprogramme@nhs.net)

**Address for Written Correspondence:**

National Child Measurement Programme  
Bridge Park Plaza  
Bridge Park Road  
Thurmaston  
Leicester  
LE4 8PQ

You will need to ensure you have received a confirmation email otherwise your child may still be asked to take part.

For further information about NCMP please visit:

<https://www.healthforkids.co.uk/leicestershire/the-national-child-measurement-programme/>

or call the Leicestershire Partnership NHS Trust NCMP Administration Team on 0300 3000 007 and select option 1 twice.

Yours sincerely,

A handwritten signature in black ink, appearing to be 'MS', written in a cursive style.

Mike Sandys  
Director of Public Health  
Leicestershire and Rutland County Councils