

Homerton Healthcare NHS Foundation Trust

School-Based Health Service

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9th September 2024

PRIVATE & CONFIDENTIAL

Dear Parent/Carer

1.1 Height and weight checks for children in reception and year 6

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 (NCMP). Height and weight measurements are used to calculate weight status. We collect this information to build a picture of how children are growing and to help plan better health and leisure services for families.

Parents living in City and Hackney receive their child's measurement data because this can be useful information about their child's growth and provides an opportunity for local services to offer support to parents where required. Your child's class will take part in this year's programme.

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.

The checks are carried out in the London Borough of Hackney and the City of London by the School-Based Health Service (SBHS); a team of Public Health Nurse Assistants and registered School Nurses from Homerton Healthcare NHS Foundation Trust (HHFT).



Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

Further details about how this data will be used can be found in the [Appendix](#)

Further information about the National Child Weight Measurement Programme, including advice on how to keep your family healthy and happy is enclosed on this leaflet

[2023.11.22 DHSC Measuring Leaflet V11.1 NEW Digital v3.pdf](#)

1.2 Maintaining the well-being of children in the NCMP

The well-being of children and families is very important. Measurements are conducted sensitively, 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, via a parent feedback letter or telephone call. It is your choice whether or not to share the information with your child.

If you choose to talk to your child about weight, ensure that you avoid blame and instead focus the conversation on the things that you can do as a family to be healthier. A guide has been developed for parents when talking to their child about weight and contains helpful tools and tips to ensure a positive conversation [Talking to your child about weight](#).

If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a school nurse or GP.

You can also find out more information about the NCMP process and access further help and support on the SBHS NCMP webpage under [Health assessment](#)

You may contact your School Based Health Service by calling the duty line during office hours (Monday to Friday, 9am-5pm) You can reach us on 020 7683 4991 or email huh-tr.SchoolNursesCentralContact@nhs.net

1.3 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 measured, including if your child has a medical condition that affects their height and weight, please let us know by completing the opt-out form on the [Parent Portal](#) before 1st October 2024.

Please see the Parent Portal [introduction letter](#) for further details on how to register for the portal.

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

If you have any issues accessing the portal please contact the SBHS by calling the duty line during office hours (Monday to Friday, 9am-5pm) You can reach us on 020 7683 4991 or email huh-tr.SchoolNursesCentralContact@nhs.net.

Further information about the SBHS can be found at <https://www.homerton.nhs.uk/school-nursing-service/>

1.4 Further information

You can find further information about the NCMP on [The National Child Measurement Programme](#) NHS webpage.

You can find information and fun ideas to help your kids stay healthy at the NHS Better Health: Healthier Families webpage [Easy ways to eat well and move more](#).

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. You can sign up for NHS [Healthy Steps - Step this way](#) webpage or scan the QR code:



Information about how the London Borough of Hackney, collect and use information can be found at <https://hackney.gov.uk/privacy>

Information about how the Homerton Healthcare NHS Foundation Trust, collect and use information can be found at [Privacy Notice \(your health records\) | Homerton Healthcare NHS Foundation Trust](#).

You can find information about how NHS England and DHSC collect and use information at:

- NHS England's [How we look after your health and care information](#) webpage
- the DHSC [Personal information charter](#) webpage

You can find information about the organisations NHS England has shared information from the NCMP at NHS England's [National Child Measurement Programme](#) webpage.

Yours faithfully,



Dr Sandra Husbands
Director of Public
Health
London Borough of Hackney & City of London Corporation



Appendix

1.5 The information we collect and what it is used for

Your child's data

Your child's height, weight, date of measurement, sex and date of birth are used to calculate your child's weight category (also known as body mass index or BMI).

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 England and the Department of Health and Social Care (DHSC) may also be linked to allow information from health and education records to be added, where lawful to do so. This helps understand how and why the weight of children is changing, how this affects children's health and education and how the care children receive can be improved. These other data sets may include 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 (including all healthcare outside of the 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 and diabetes

- health, lifestyle and well-being 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.

Why we need your contact details

We need your address 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 your area [local authority to amend as appropriate].

We need your email address and phone number because we may:

- contact you by email or phone to discuss your child's feedback
- send you your child's feedback letter by email
- offer you further support following your child's height and weight measurement

[local authority to amend the above points as appropriate]

1.6 How the data is used

[You must include all the text in this section in your letters]

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

All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.

The information collected from all schools in the area will be gathered together and held securely by [local authority name]. We will store your child's information as part of the local child health record on the NHS's child health information database and share it with the child's GP [local authority to amend as appropriate].

We will send all the information collected about your child to NHS England. NHS England is responsible for collecting data and information about health and care so that it 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 England with the Office for Health Improvement and Disparities (OHID) which is part of DHSC but in a de-personalised form only. This means OHID will not be able to identify your child.

Both NHS England and OHID will use the information from the NCMP to better understand numbers and trends in child weight and BMI. This helps to plan services to support healthy lifestyles in your area. No information will ever be published by NHS England or OHID that identifies your child. NHS England uses the data to produce [National Child Measurement Programme statistics reports](#) showing trends at the national and local level.

De-personalised information from the NCMP may also be shared by NHS England 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. NHS England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.