Locala 0 - 19 Services
Batley Health Centre
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www.Locala.org.uk
Tel: Single Point of Contact (SPOC)
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Academic Year 2024/25

Dear Parent or Guardian

Height and weight checks for children in Year 6

We are writing to you today to inform you that your child will be weighed and measured by the Locala 0-19 Team at school in the next few weeks as part of the National Child Measurement Programme. Each year, nearly all children in Kirklees have these measurements taken as part of this routine screening.

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. Height and weight measurements are used to calculate weight status. We collect this information to build a picture of how children are growing to help plan better health and leisure services for families. In, most areas across England, parents receive their child's measurement data as this provides information about their child's growth. Your child's class will take part in this year's programme.

The checks are carried out by trained health care providers. 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 safe way, in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

We have changed the way we feedback to parents/carers this. The feedback will be sent via SMS text message containing a webpage link to your child's weight category. Previously, measurements were provided by letter. The main reasons behind this change include reducing our environmental impact, transforming for a digital future and communicating with parents and carers in a more user-friendly manner.

We want to ensure this is the right way forward, so we are evaluating this change as we go. Please contact the 0-19 Team on the above number if you have any questions or do not receive your child's result within 8 weeks of being measured.

Further information can be found here locala.org.uk/services/health-visiting/ncmp

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 via SMS and web link. It is your choice to share or not share the information with your child. There are some useful resources to help you make these decisions here: https://www.nhs.uk/healthier-families/childrens-weight

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

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

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 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, and 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 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 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.

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How the data is used

The information collected from all schools in the area will be gathered together and held securely by Kirklees. 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 England. NHS England 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 England with the Office for Health Improvement and Disparities (OHID) which is part of the Department of Health and Social Care (DHSC) but in a de-personalised form only. This means OHID will not be able to identify your child. OHID focuses on improving the nation's health so that everyone can expect to live more of life in good health, and on levelling up health disparities to break the link between background and prospects for a healthy life.

Both NHS England and the Office for Health Improvement and Disparities (DHSC) 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 lifestyles in your area. No information will ever be published by NHS England or the Office for Health Improvement and Disparities (DHSC) that identifies your child. NHS England use the data to produce National Child Measurement Programme statistics reports showing trends at national and local community level.

De-personalised information from the National Child Measurement Programme 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, and NHS England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.

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 inform your child's school in writing within 7 days.**

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

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Should you have any concerns regarding your child's health or would like to speak to a school nurse please complete the referral form using the following link locala.org.uk/ereferrals/support-request-ages-5-19

Visit our website locala.org.uk/services/health-visiting/ncmp for further information around the screening process.

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/

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.
Scan the QR code or visit healthysteps.uk to sign up.

Information about how we collect and use information can be found at locala.org.uk/services/health-visiting/ncmp

You can find information about how NHS England and DHSC collect and use information at: How we look after your health and care information - NHS England Digital webpage

You can find information about the organisations NHS England has shared information from the Personal information charter - Department of Health and Social Care - GOV.UK (www.gov.uk) webpage.

Yours faithfully,

Lindsey Bedford

Lindsey Bedford
Locala 0-19 Team Leader

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