



Department
of Health &
Social Care

Public Health Nursing Service
Coral House
11 Longbow Close
Shrewsbury
SY1 3GZ

Telephone: 0333 358 3654

9th October 2025

Dear Parent/Carer

FRIDAY 24TH OCTOBER 2025

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. This is called the National Child Measurement Programme (NCMP) and is carried out by School Nurse Support Workers.

Children's height and weight measurements are collected to build an understanding of how children are growing. The information from the NCMP is used by local councils and the NHS to plan the provision of health and leisure services for families to promote healthier growth in children.

Children are measured with their clothes on, except for their outdoor coats and shoes, in a private space away from other pupils. The results are not shared or shown to the children or school. The height and weight information is shared through a parent feedback letter.

For further guidance on what happens on the day of the height and weight screening, please see the attached information.

What information is collected and why

Your child's height, weight, age, sex, and date of birth are collected to calculate their weight category (also known as child body mass index).

Your child's ethnicity and address are collected to monitor differences in child growth and weight between ethnic groups, where children live and their backgrounds.

Your child's name, date of birth and NHS number are collected to link their measurements from reception and year 6 to other information from health and education records held by

NHS England, the Department of Health and Social Care and the Department for Education, where it is legal to do so.

Information about how personal information and data is collected and stored

You can read more about how the Department of Health and Social Care collects, stores and uses your child's information and data in the [National Child Measurement Programme privacy notice](#).

You can read more about how NHS England collects, stores and uses your child's information and data at [National Child Measurement Programme \(NCMP\): GDPR information](#).

At the NHS England [National Child Measurement Programme webpage](#) you can read more about taking part in the programme, how your data is collected and used.

You can read more about how Shropshire Council collects, stores and uses your child's information at [national-child-measurement-program-privacy-notice.pdf](#)

How you can withdraw your child from participating in the NCMP

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, or your child has a medical condition that affects their height or weight, please complete the Opt-Out form at the end of this letter. Children will not be made to take part on the day if they do not want to.

If you would like any further information regarding the National Child Measurement Programme (NCMP) or feel that you would like some further support around healthy lifestyles then please do not hesitate to contact the Public Health Nursing Service (School Nurses) on 0333 358 3564.



Kind regards

Public Health School Nursing Service



**NATIONAL CHILD MEASUREMENT PROGRAMME OPT OUT FORM.
Academic Year 2025-2026**

NCMP Height and Weight Programme is an **OPT OUT** service.

Please only fill in this form if you **DO NOT WANT** your child to be weighed and measured and **return to the school office by Friday 17th October 2025.**

Thank You,

Public Health Nursing Service.

Child's Full Name	
Child's Date Of Birth	
Child's NHS Number (if known)	
Child's School	
Parent / Carer Name	
Parent / Carer Signature	

