Shropshire, Telford and Wrekin
Community and Hospitals
NHS Group

0-19 Public Health Nursing Service
Coral House
Longbow Close
Shrewsbury
SY1 3GZ

Telephone: 0333 358 3654

6 November 2026

Dear Parent or Carer,

National Child Measurement Programme: height and weight measurement for children in Reception and Year 6 on Friday 20 November 2026

Each year, children in Reception and Year 6 in England are offered a height and weight measurement at school as part of the National Child Measurement Programme (NCMP). Measurements are undertaken by registered school nurses or appropriately trained health and care staff. Children remain fully clothed, apart from removing their coat and shoes, and are measured sensitively and privately, away from other pupils.

Why children are measured

The information collected through the NCMP helps us understand how children are growing and identify patterns in child health. Local councils and the NHS use the data to plan and improve health, wellbeing and leisure services for children and families.

These results also provide information about your child's growth and enable the 0–19 Public Health Nursing Service (School Nursing) to offer advice or support where appropriate.

What information is collected and how it is used

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

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

Your child's name, date of birth and NHS number are recorded so that their Reception and Year 6 measurements may be linked, where permitted by law, to other information held within health and education records by NHS England, the Department of Health and Social Care and the Department for Education.

How personal information is collected, stored and used

Further information about how the Department of Health and Social Care collects, stores and uses your child's information is available in the National Child Measurement Programme privacy notice.

You can also read how NHS England collects, stores and uses this information in its NCMP GDPR information.

The NHS England National Child Measurement Programme webpage provides further information about taking part, how information is collected and how it is used.

Information about how Shropshire Council collects, stores and uses your child's information is available in its NCMP privacy notice.

If you do not want your child to take part

If you consent to your child being measured, no further action is required.

If you do not wish your child to participate, or if your child has a medical condition or disability that may affect their height, weight or ability to take part, please complete the opt-out form at the end of this letter and return it to the school office. A child who does not wish to participate on the day will not be required to do so.

Supporting your child's wellbeing

The wellbeing of children and families is central to the programme. Measurements are undertaken sensitively and privately, away from other children. Your child will not be told their measurements, and the results will not be shared with the school.

Your child's height and weight results will be sent directly to you by post. You may then decide whether you wish to share this information with your child.

Further information and support

You can find more information about the NCMP, together with practical advice about healthy lifestyles, by scanning our Padlet QR code below.

If you have concerns about your child's growth, weight, body image or eating patterns, please contact the 0–19 Public Health Nursing Service (School Nursing) on 0333 358 0503 or text 07507 330 346.

Kind regards,

0-19 Public Health Nursing Service

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National Child Measurement Programme OPT-OUT form

Academic year 2026–2027 Friday 20 November 2026

The NCMP is an opt-out programme.

You only need to complete this form if you **DO NOT** want your child to be weighed and measured, or if a medical condition or disability means they are unable to take part.

Please return this form to the school office if you DO NOT want your child to be weighed and measured by Monday 16 November 2026

Please complete the details below and return the form to your school office.

Child's full name	
Child's date of birth	
Child's NHS number, if known	
Child's school	
Parent or carer name	
Parent or carer signature	

Kind regards

0-19 Public Health Nursing Service

If you need your letters in another format e.g. braille, audio, or another language, please contact our Patient Advice Liaison Service (PALS) on 01743 261961 or shropcom.customerservices@nhs.net
For all other queries please contact the service on the number above.

Andrew Morgan – Group Chair
Jo Williams – Group Chief Executive

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