Northamptonshire Healthcare
NHS Foundation Trust

0-19 Team
0-19 Admin Hub
Northamptonshire Healthcare Foundation Trust
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Isebrook Hospital
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Height and weight checks for children in Reception and Year 6 – 2026/27

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). The checks are carried out by registered school nurses or trained health and care providers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

Why do we need to measure children?

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.

Parents receive their child's measurement data, because this can be useful information about their child's growth. It also provides an opportunity to offer support to parents where required. Your child's class will take part in this year's programme.

How is a child's mental health and wellbeing considered in the NCMP

The wellbeing of children and families is very important to the programme. Measurements are conducted in a sensitive way, in private and away from other children. Individual feedback is not shared with your child or their school.

The weight and height information is shared only with you, either through a parent feedback letter, text message or telephone call. It is your choice to share or not share the information with your child.

If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a GP or contact the 0-19 Admin HUB on the number above.

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
- how your data is used

You can read more about how NHFT collect and use information at https://www.nhft.nhs.uk/privacy

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 let us know by **FRIDAY the 25th September** using the email address **N2.NCMP@nhft.nhs.uk**

Please share the following details within the email for the opt-out to be processed. This also allows us to ensure your child's health record is up to date.

- Name of person completing form

- Relationship to child
- Name of child
- DOB of child
- Child's main home address
- Parent/Carer's email
- Parent/carer's phone number
- Child's School
- Child's Year group and class
- Reason for decision to opt out including any medical conditions (optional)

Children will not be made to take part on the day if they do not want to.
If your child is absent on the day we visit, we will revisit the school before the end of the summer term to measure them. Your decision to opt out will be valid for the whole academic year.

Reception & Year 6 Health Screening Questionnaire

During the 2026/27 academic year, you will receive an SMS link which will invite you to complete your child's Health Screening Questionnaire. This will allow you to share any concerns you may have about your child's health which we may be able to support with. This SMS link will go to the mobile number previously registered with us. If you think that this number may now be incorrect, please contact us using the information above to update your details.

Further information

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 to NHS Healthy Steps - step this way.

You can find further information about the NCMP at The National Child Measurement Programme NHS webpage.

Yours faithfully,

L Russell

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