

Pre-measurement letter to parent/carers Spring & Summer Terms 2024

School Health Nurse Team
Victoria House Surgery
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OX26 3EU
07717 701032
27.02.2024

Height and weight checks for children in Reception and Year 6 on Tuesday 26th March 2024.

Every year, over 17,000 schools take part in the National Child Measurement Programme (NCMP). Your school is one of these, and as part of that, your child will have their height and weight checked in this year's programme.

In conjunction with over one million other children's measurements, your child's measurements will then be used to gather information about children's growth and weight patterns across the country, and this will help inform the development of actions, services and programmes to benefit children in Oxfordshire and countrywide.

You'll also receive information about your child's measurements, along with links to services or resources that could be useful for the health and wellbeing of your child and family. Some of these links are included in this letter.

All this information is treated confidentially and held securely. No individual measurements will be given to your child, any staff members at school, or other children.

Maintaining the wellbeing of children in the NCMP

Your child's wellbeing is of paramount importance, and as such, a number of measures are taken to ensure these measurements are taken in a safe and sensitive way.

The checks are carried out by trained members of the school health nurse team. 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 COVID-safe way, in line with the school and local authority's safety control measures.

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. In addition, most children report being indifferent or unconcerned about being weighed or measured.

If you are concerned about your child's growth, weight, body image or eating patterns, please seek further support from a school nurse or General Practitioner, or one of the organisations specified in the links section of this letter.

What happens after the measurements have been taken

Your child's measurements will be shared with you via a letter which you will receive in the post.

The results will not be shared with your child, or with their school. It is your choice if you wish to share the information with your child or not.

The information collected from all the schools in your area will also be gathered together and held securely, so it can then be analysed to inform decisions about policy, strategy, programmes and services which can benefit the health and wellbeing of children and families around Oxfordshire.

We may also store your child's information as part of their local child health record on the NHS's child health information database and may share it with your child's GP.

All information is treated confidentially and securely. Full details of information collected and how it is used is outlined in the sections below.

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 recorded, **please contact us directly** using the contact details provided below.

Your contact from the school health nurse team is:

Staff Name Gemma McCarthy Mobile No 07717 701032

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

Medical conditions affecting your child's height and weight

If your child has a medical condition which affects their height and weight but still wish for your child to be measured on the day, please contact us on the details above and we will be happy to discuss this with you.

The information we collect and what it is used for

1. 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 may also be linked as this would let us add information from health and education records, where lawful to do so, to understand how and why the weight of children is changing, and how this affects children's health and education and how we can improve the care children receive.

This includes 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 - includes 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, diabetes
 - Health, lifestyle and wellbeing surveys that your child has participated in
2. **Your address is required to post your child's feedback letter, please ensure school have your current address.** The letter will include your child's measurements together with information about healthy eating, being active and related activities available in your area.
 3. 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

All the data collected is also used for improving health, care and services through research and planning. **All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.**

How the data is used

The information collected from all schools in the area will be gathered together and held securely by Oxford Health NHS Foundation Trust and NHS England. We will store your child's information as part of their local child health record on the NHS's child health information database and may 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.

Further information and support

The following pages contain some useful links to explain more about the National Child Measurement Programme and the data flow for the information collected, as well as links to valuable online or community services that are available to support you and your family. We hope you find them useful.

Yours faithfully,

Dr Ansaf Azhar
Director of Public Health
Oxfordshire County Council

Emma Leaver
Service Director
Primary, Community and Dental Services
Oxford Health NHS Foundation Trust

Further information, resources and support

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.

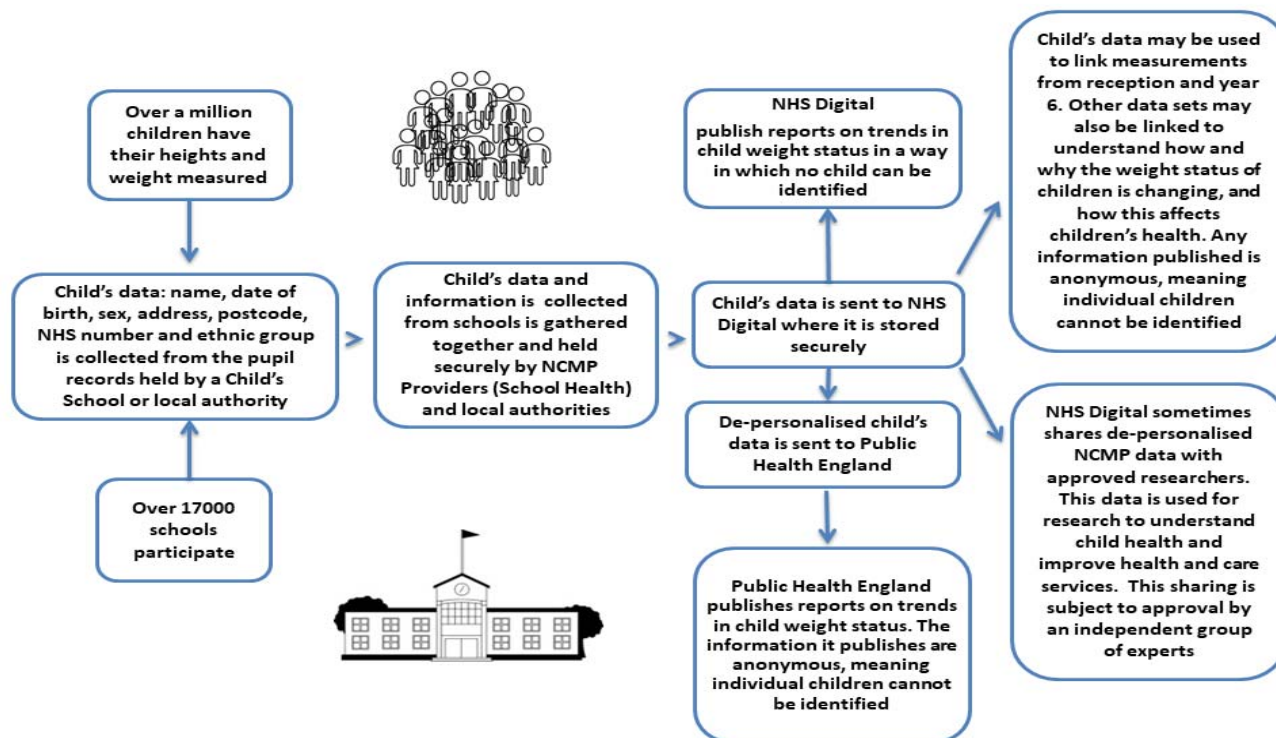
Scan the QR code or visit healthysteps.uk to sign up.



How your child's data is collected and processed as part of the National Child Measurement Programme (NCMP)

Local authorities have a legal duty to collect the NCMP data. They do this by following guidance from the Office for Health Improvement and Disparities part of the Department of Health and Social Care (DHSC). Local authorities are responsible for making decisions on how the data is collected and for making sure it is protected. Local NCMP service providers are contracted to carry this out; this might be through the school nursing team working in schools or a local healthcare provider. The team collecting the data enter it into the NCMP IT system, which is provided by NHS England. The data may also be entered into a local child health information system. Your local authority is responsible for sending the data to NHS England. NHS England and Office for Health Improvement and Disparities are jointly responsible for the data held at a national level. Your local authority is responsible for the data held locally.

The chart below displays what happens to your child's data as part of the NCMP:



Links to find out more

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 about how we, Oxford Health NHS Foundation Trust collect and use information can be found at www.oxfordhealth.nhs.uk/privacy/

Information about how NHS England and Office for Health Improvement and Disparities collect and use information can be found at <https://digital.nhs.uk/about-nhs-digital/our-work/keeping-patient-data-safe/how-we-look-after-your-health-and-care-information> and <https://www.gov.uk/government/organisations/department-of-health-and-social-care/about/personal-information-charter>

Information about the organisations NHS England has shared information from the National Child Measurement Programme can be found at <https://digital.nhs.uk/services/national-child-measurement-programme>

Fun ideas and free support to help your child eat well and stay active

Information and fun ideas to help your kids stay healthy can be found at <https://www.nhs.uk/healthier-families/>

Information about Oxfordshire's brand new child weight management programme, with fun activities for the children, and practical information for the parents, can be found at <https://www.achieveoxfordshire.org.uk/services/gloji-energy>

Information about how eligible families can access free or discounted activities in their area can be found at <https://www.getoxfordshireactive.org/you-move>

School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme

PARENTS ARE NOTIFIED



Parents receive a letter about measurement day at their child's school. The letter tells parents how children are measured, what data is collected, and why.

Every year in England, over a million children in Reception (aged 4-5) and Year 6 (aged 10-11) have their height and weight measured to calculate their weight status.

SCHOOL HEIGHT & WEIGHT CHECKS

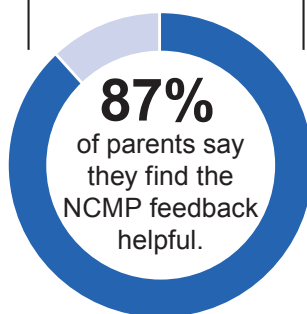


Measurements are carried out by trained staff e.g. school nurse assistant. Children take off their coat and shoes for a more accurate measurement.

PARENTS' FEEDBACK LETTER



Most areas send parents a confidential letter about their child's weight status within 6 weeks of measurement.



PARENTS' ACTION

A parent can speak to their school nurse or GP for further advice and support about their child's weight and growth.



Parents can visit the **children's weight** page at Better Health - Families for tips on healthier changes.

Parents can monitor their child's weight by visiting the **NHS healthy weight calculator**.

DATA USE

The data is held by the local authority and sent to NHS England and Department of Health and Social Care, where it is stored securely and used for analysis. It builds a picture of how children are growing to help plan better health and leisure services for families.



What we know from the data collected so far

- Most children in Reception and Year 6 are a healthy weight.
- Around one in ten children in Reception is very overweight. This doubles to one in five children by year 6.
- The number of very overweight children in Year 6 is increasing year on year
- Most children who are overweight in Reception will remain so or become even more overweight for their age by year 6 without action to achieve a healthier weight.

Because many children are overweight, we are all becoming used to seeing heavier children as the norm. It means we cannot always tell when a child is overweight. That is why many parents find it helpful to have an objective measurement of how their child is growing. More than 8 in 10 parents say this information is helpful and they can then make decisions about their child's lifestyle and wellbeing to make changes, or seek support if necessary.

Why achieving a healthy growth is important

When children are a healthy weight, they feel better about themselves. They find it easier to play and learn. And they are more likely to grow up healthy too. Helping them to be a healthier weight when they are a child can set up their health and wellbeing for life.

You can encourage the whole family to enjoy eating healthily and being active which will help your child achieve and maintain a healthier weight. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.

For more information on helping your family lead a healthy life, please turn over.



Department
of Health &
Social Care

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Better Health

Let's do this



Better Health Families is here to help your family be healthy and happy

Sign up for NHS Healthy Steps emails

Better Health

Let's do this

Sign up for 8 weeks of Healthy Steps emails to help your family make small changes to make a big difference. We'll send you lots of budget-conscious, simple family recipes, fun games and healthy swaps!

Visit healthysteps.uk or scan the QR code to get started!



Be Sugar Smart

Kids are having over double the amount of sugar than they should. Too much sugar is bad for teeth and can lead to weight gain. But don't worry, we have some simple swaps to help you be sugar smart and cut back.



Sugary drinks are bad for teeth and lead to decay. Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks. Limit fruit juice to no more than 150ml a day and stick to meal times.



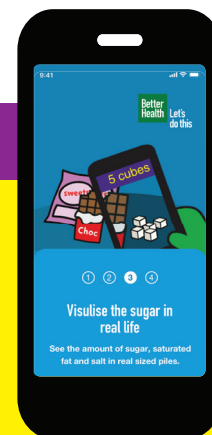
Eating breakfast every day is important, but some breakfast choices have much more sugar than you think. Opt for plain porridge, shredded wholegrain or plain wholewheat biscuit cereals. Help your kids towards their 5 a Day by adding in chopped fruit.

Sugary snacks can all add up! Fruit and vegetables are always the best snack. But when choosing packaged snacks, stick to two a day max.

See what's really inside your food and drink



Download the FREE NHS Food Scanner app to see how much sugar, salt and saturated fat are in your favourite food and drinks, and to find healthier swaps.



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