

Public Health

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To all Parents / Carers of Reception and Year 6 Pupils

Date: 10 September 2026

Dear Parent / Carer,

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). Height and weight measurements are used to calculate weight status. We collect this information to build an understanding of how children are growing and to help plan better health and leisure services for families. Your child's class will take part in this year's programme.

The checks are carried out by registered School Nurses or trained Health Care Providers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. You can watch the [NCMP process animation](#), which explains the process of the NCMP and why it is important. It will guide you through what it involves, how your child's data is collected and processed and what it will be used for.

Maintaining the well-being of children in the NCMP

The wellbeing of children and families is very important and as such measurements are conducted in a sensitive way. **Individual results are not shared with your child or their school.** If your child is measuring outside of their expected weight range for their age, sex and height, the results will be shared with you via a feedback letter, or in some instances a follow up phone call. These results will be shared only with you; it is your choice if you share the information with your child. This also provides an opportunity to offer you support if required.

If you are concerned about your child's growth, weight, body image or eating patterns, please seek further support from your School Nurse or GP.

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 measured, or your child has a medical condition that affects their height or weight, please let us know by contacting the **School Health Team** on **0151 247 6354** or mcn-tr.seftonschoolhealth@nhs.net

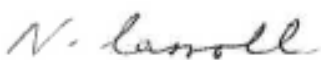
Please Note: Children will not be made to take part on the day if they do not want to.

Please find below supplementary information that gives more information on the NCMP, in addition to how data will be stored and used.

Yours sincerely,



Dr Rory McGill
Director of Public Health
Sefton Council



Nadine Carroll
Assistant Director of Education
Sefton Council

Supplementary 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 - GOV.UK](#)

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

At the NHS England National Child Measurement Programme webpage [National Child Measurement Programme - NHS England Digital](#) 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 Sefton Council and Mersey Care NHS Foundation Trust collects, stores and uses your child's information at

[Privacy Policy - Sefton Public Health](#)

<https://www.merseycare.nhs.uk/about-us/privacy/privacy-statement>.

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.