

Public Health Division Southwark Council
160 Tooley Street
PO Box 64529
London
SE1P 5LX

September 2026

Dear Parent or 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 as part of 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.

The School Nursing team from Guy's & St Thomas' NHS Foundation Trust (GSTT) will take the measurements in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

You can watch the [NCMP process animation](#) on the webpage. **You will find the links to any webpages listed at the end of this letter.** The animation 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.

Your child will be measured between October and June. Your child will be automatically included in the programme unless you opt out.

Why do we need to measure children?

Height and weight measurements are collected to build an understanding of how children are growing. We collect this information to help plan better health and leisure services for families to promote healthier growth in children.

Parents receive their child's measurement data. This can be useful information about your child's growth and gives an opportunity for us to offer support to parents where needed. Your child's class will take part in this year's programme.

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 Guy's and St Thomas' NHS Foundation Trust collects, stores and uses your child's information at www.evelinalondon.nhs.uk

Maintaining the well-being of children in the NCMP

The wellbeing of children and families is very important. Measurements are conducted in a sensitive way, in private and away from other children.

Individual results are not shared directly with your child or their school. The height and weight information is shared only with you via a parent feedback letter and/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 school nurse or GP.

Why we need your contact details

We need your address to send your child's feedback letter to you. This letter will include your child's measurements together with information about healthy eating, being active and related activities available in your area.

We need your phone number because we may:

- contact you by phone to discuss your child's feedback
- offer you further support following your child's height and weight measurement

Parents' contact details of children living with excess weight will be shared by the School Nursing team with the free weight management provider commissioned by Southwark Council (which is currently Everyone Health). Everyone Health provides free family healthy lifestyle programmes called Alive N Kicking. For more information:

<https://southwark.everyonehealth.co.uk/services/child-weight-management/>
or call **0333 005 0159**.

Children who are measured as very overweight could also have their information shared with their GP. They may be able to offer further support and advice, and refer children to other services who can support children measured as very overweight.

Once your child's height and weight are checked, the School Nursing team will send you your child's results through the post or via email. If you do not receive your child's result within 6 weeks of measurement, please contact Denise Phillips, Nurse

Manager for School Nursing on denise.phillips10@nhs.net or by phone 07824461120.

Further information

You can find further information about the NCMP at [The National Child Measurement Programme - NHS](#) webpage.

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](#) on the webpage.

If you would like any further advice regarding healthy lifestyles or your child's weight please contact the School Nurse Service duty desk by email: gstt.schoolnurseadmin@nhs.net

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 your school know by completing the form below and handing it into your school before your school's measurement take place.

Alternatively, if you're unsure whether your child should be measured due to a medical condition, please contact the school nurse service through ParentLine text message service on **07520 631 130** or you can call duty on **0203049 4777** to discuss.

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

Please find the links to webpages referred to in the letter listed below.

Yours sincerely,



Arrthi Pangayatselvan

Assistant Director of Public Health
Southwark Council

Opting your child out of being weighed and measured

Return this form to your school if you **DO NOT** want your child to participate.

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Form 1: Opt-out slip

I **do not** wish my child to be weighed and measured for the National Child Measurement Programme.

Child's name: _____ Year: _____ Class: _____

Child's school: _____

Parent/carer Name: _____

Parent/carer signature: _____

Please return to: **the school**.

Web Links

NCMP process animation

<https://www.youtube.com/watch?v=7W771420z9g>

National Child Measurement Programme Privacy Notice

<https://www.gov.uk/government/publications/national-child-measurement-programme-privacy-notice>

National Child Measurement Programme (NCMP): GDPR information

<https://digital.nhs.uk/data-and-information/keeping-data-safe-and-benefitting-the-public/gdpr/gdpr-register/national-child-measurement-programme-ncmp-gdpr-information>

National Child Measurement Programme Webpages

<https://digital.nhs.uk/services/national-child-measurement-programme>

<https://www.nhs.uk/live-well/healthy-weight/childrens-weight/national-child-measurement-programme/>

Evelina London

<https://www.evelinalondon.nhs.uk/Home.aspx>

Everyone Health Child Weight Management Programme

<https://southwark.everyonehealth.co.uk/services/child-weight-management/>

Easy ways to eat well and move more

<https://www.nhs.uk/healthier-families/>

Healthy Steps – step this way

<https://www.nhs.uk/healthier-families/>