

School health review in Year 6 2025/26

Dear Parent/Carer

Your child's next health review will take place this year at school. This will include **height and weight measurement** as part of the National Child Measurement Programme (NCMP).

Height and weight measurement

What happens:

- Your child is told about the NCMP on the day and can choose not to take part
- If they take part, they will be brought out of class with everyone and asked to remove their coat and shoes
- They will be invited one-by-one into a private space, to meet the friendly Public Health Nursing team
- Their height and weight will be measured by a qualified professional, and not shared with your child
- Their height and weight (as well as their age, sex, and ethnicity) will be used to calculate child body mass index centile – this is different to adult BMI
- Within 6 weeks, you will get a letter addressed to you, containing your child's weight category and whether they are following their predicted growth pattern – it is your choice whether to share this with your child
- If your child's growth is outside the expected range for their age, sex, and height, you may also get a follow-up email, text, or call from the Public Health Nursing team where you can chat through any concerns and how to access more support



Scan here to find out more about the NCMP

Get notified of your child's height and weight measurements on the same day they get measured by signing up to the Parent Information Portal (PIP). The Public Health Nursing team provides PIP for you to easily access your child's growth charts, immunisation history, and more. Sign up at pip.southernhealth.nhs.uk.

Why do we measure your child?

We are mindful that any type of measurement can cause worry. We do height and weight measurements because:

- Promoting healthy growth and development is a priority nationally and locally, and the NCMP helps us to plan services and support for all children and families' future health and wellbeing

- It helps us support you, by identifying opportunities for building healthy habits early, signposting, and offering more help where needed
- Therefore, it is right that these measurements are also shared with parents/carers

Our Public Health Nursing teams are understanding and want to offer practical help for your child's healthy growth and development. This might include:

- Help with routines such as mealtimes, being active, and sleep
- Support to set boundaries and navigate behaviour like picky eating
- Information about local support or specialist services

How you can withdraw your child from their school health review

If you are happy for your child to have their height and weight measured, you do not need to do anything. If you do not want your child to take part, then please fill in the [online form](#) or scan the QR code **within 2 weeks**.

This includes if your child has a medical condition (or is receiving any treatment) that affects their height or weight, and you do not want them to be measured for this reason.

If you would like to discuss the health review or whether your child should take part, please contact the Public Health Nursing team by texting 07507 332417 or finding your local team at healthforkids.co.uk/hampshire/school-nurses/.

Yours faithfully,



Simon Bryant FFPH
Director of Public Health



Stuart Ashley
Director of Children's Services



Scan here to withdraw
from the health review

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 BMI centile).

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.

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 by searching '[NCMP privacy notice](#)'.

You can read more about how NHS England collects, stores and uses your child's information and data by searching '[NCMP GDPR information](#)'.

You can read more about taking part in the programme, how your data is collected, and how your data is used by going to [digital.nhs.uk/services/national-child-measurement-programme](#).

You can read more about how the Public Health Nursing Service collects, stores and uses your child's information by searching '[HIOW Healthcare Privacy Notice](#)'.

You can read more about how Hampshire County Council collect and use information by searching '[HCC Public Health Privacy Notice](#)' and clicking 'Adult social care and health' and 'Public Health'.