

Date: 7 October 2024

Public Health Directorate  
New Shire Hall  
Emery Crescent, Enterprise Campus  
Alconbury Weald, Huntingdon  
PE28 4YE

Dear Parent/Carer,

### **Height and weight checks for children in Reception and Year 6**

Each 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).

Height and weight measurements are used to calculate weight status, where appropriate. This helps the local authority and NHS to plan the provision of services to support healthy lifestyles for children and families in the area.

Cambridgeshire County Council commission the organisation Everyone Health ([www.everyonehealth.co.uk](http://www.everyonehealth.co.uk)) to provide the National Child Measurement Programme locally, under the brand 'Healthy You'. The checks are carried out by trained 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.

**Please note that children must be able to stand on the scales unaided in order to take part in the NCMP.** If your child has a medical condition that affects their height or weight, or their ability to stand on the scales unaided, and you are unsure about whether they should be included in the National Child Measurement Programme, please contact the NCMP team using the contact details at the bottom of this letter.

Cambridgeshire County Council have commissioned the organisation Maximus (also under the brand 'Healthy You') to provide a new Healthy Families service. This service is for families who are looking to get support with healthy eating, weight management, portion size, physical activity and cooking ideas, and all support is free to access. To find out more and register your interest, go to the Healthy You Families page <https://cap.maximusuk.co.uk/> or scan the QR code to the right:



Following your child's measurement result letter, you may be contacted directly by the Maximus Healthy Families service to offer you further information about your child's result as well as guidance and support. This contact could be via telephone call, text message or letter. However, you will be given the option to opt out of being contacted within your measurement result letter should you wish to.

### **Maintaining the well-being of children in the NCMP**

The wellbeing of children and families is very important to us. Measurements are conducted in a sensitive way, in private and away from other children. Individual results are not shared with your child or their school. 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. If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a school nurse or GP.

### **The information we collect and what it is used for**

The information collected and used by Everyone Health and Maximus on behalf of Cambridgeshire County Council includes your child's height and weight measurements together with their full name, age, date of birth, gender ethnicity, home address (including postcode) and parental phone number. All data is held securely and is only used for the purposes of the NCMP, including follow up where appropriate. Further information about why and how we collect data as part of the NCMP can be found here: <https://healthyyou.org.uk/services/ncmp/>

### **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, please email [eh.ncmp.healthyyou@nhs.net](mailto:eh.ncmp.healthyyou@nhs.net) with your child's official name, date of birth, school and year group confirming you would like to opt out your child. **The deadline for opting out is Friday 25<sup>th</sup> October 2024.** You will receive an email from the NCMP Team confirming that your opt out has been received. Children will not be made to take part on the day if they do not want to.

### Further information

Further information about the NCMP can be found at [www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme](http://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme). You can also find a video explaining the NCMP process here: <https://healthyyou.org.uk/services/ncmp/>

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

If you have any questions or would like any further information about the NCMP, please contact the NCMP Team on 0333 005 0093 or at [eh.ncmp.healthyyou@nhs.net](mailto:eh.ncmp.healthyyou@nhs.net)

If you would like to speak to someone about why we are commissioned to undertake the NCMP, please contact Val Thomas at [val.thomas@cambridgeshire.gov.uk](mailto:val.thomas@cambridgeshire.gov.uk).

Yours faithfully,



Val Thomas  
Acting Director of Public Health  
Cambridgeshire County Council



Sarha Callaghan  
Service Director - Education  
Cambridgeshire County Council