

Date: Monday 3rd November 2025

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). The checks are carried out by trained members of the 0-19 Growing Healthy Northumberland Service. 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](#). 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. Please see below for QR code leading to the animation.



Why do we need to measure children?

Children's height and weight measurements are collected to build an understanding of how children are growing. The information from the NCMP is used to build a picture of how children are growing to help plan better health and leisure services for families. 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

All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.

How you can withdraw your child from participating in the NCMP

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 as soon as possible so they are able to tell the NCMP team.

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

Maintaining the wellbeing of children in the NCMP

The wellbeing of children and families is very important to the programme. Measurements are conducted in a sensitive way, in private and away from other children. Individual feedback is not shared with your child or their school.

The weight and height information are shared **only with you** via a parent feedback letter. **It is your choice to share or not share the information with your child.**

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 member of the 0-19 Growing Healthy Northumberland Service or General Practitioner (GP).

Yours faithfully,

Gill O'Neill

Executive Director of Public Health
Inequalities and Stronger Communities
Northumberland County council

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 support 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.

If you would like to see the range of support Family Hubs offer across Northumberland, please scan the QR code below or search 'Family Hubs Northumberland'.



Or you can download the HDFT Growing Healthy app following the QR code below.

