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Height and Weight Checks for Children in 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 members of the Healthy Child Programme (HCP) 5-19 team who have been appropriately trained. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

The programme will be delivered in a safe way, 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](#). 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.

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 by local councils and the NHS to plan the provision of health and leisure services for families to promote healthier growth in children.

Like most areas, we will send you a feedback letter with your child's measurement data, because this can be useful information about your child's growth. It also provides an opportunity to offer support where required. We will send you the results after all measurements have been completed and this letter will contain information and signposting to local services.

Your child's class will take place 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](#)

Information about how SCFT collects and use information can be found at [Patient Information and How We Use It | Sussex Community NHS Foundation Trust](#)

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

[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 us know using the contact details provided below by 22nd September 2025.

Tel: 0300 303 1137 option 2
sc-tr.westsussexhealthychildprogramme@nhs.net

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

[How is a child's mental health and wellbeing considered 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 through a parent / carer feedback letter. 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.

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.

For top tips and advice on all aspects of children's emotional and physical health please visit

[Health for Kids | Sussex](#)

Advice and tips on how to promote good oral care can be found here

[Children's teeth - NHS](#)

Further information about the West Sussex HCP team and how we can support you and your child is available here [School Nursing Service \(sussexcommunity.nhs.uk\)](#)

Yours faithfully,

A handwritten signature in black ink, appearing to read 'Alison Challenger'.

Alison Challenger
Director of Public Health

A handwritten signature in black ink, appearing to read 'V. Clark'.

Vince Clark
Executive Director of
Children, Young People & Learning