

June 2025

National Child Measurement Programme

Dear Parent/Guardian

RE: Measuring the height and weight of children in Reception & Year 6

The NHS needs to have a good understanding of how children are growing across the country, so that the best possible health services can be provided for them. As a result, all children in England in Reception Year and Year 6 have their height and weight checked. Your child's year-group will take part in this year's measurement programme.

The measurement will be supervised by trained staff from Mersey Care Health Trust. The measurements will be done in a private area away from other pupils. Children who take part will be asked to remove their shoes and will be weighed in normal indoor clothing.

Routine information, such as your child's sex, address, postcode, telephone number, ethnicity and date of birth, will also be collected to help the NHS and partner agencies plan services for families. All information and results will be treated confidentially. No child's height or weight will be given to school staff or other children. The records of children's heights and weights will be made anonymous before being submitted for analysis at a national level but may be stored locally on child health records. This information will then be used to help us understand and plan interventions for weight-related problems in children across the country.

Once your child has had their height and weight checked, your local NHS will write to you if your child's Body Mass Index (BMI) percentile is not within the healthy weight range, though limitations of the BMI tool include not being able to tell the difference between fat, muscle, or bone. If you do not want the information of your child's height and weight to be shared with the Department of Health, **please follow the instructions on the following page to access the contact number for your school nurse team.**

Children will not be made to participate if they do not want to. For helpful information and tips about keeping your kids fit and healthy visit www.nhs.uk/change4life

If your reception child has already been screened as part of the New Entrance Assessment in school, they will not be measured again, and unless you have made contact with your school health team, these results will be submitted as part of the NCMP.

Yours sincerely,

Trish Mattinson

Head of Service for Children & Young People Mersey Care NHS Foundation Health Trust

Opting out of sharing information with the Department of Health on your child's weight and height.

If your child has been diagnosed with a medical condition that may affect their height or weight, please contact your school nurse who will be able to advise you.

If you **do not want information of your child's height and weight to be shared with the Department of Health.**

Please contact your School Health Team via this link <https://www.merseycare.nhs.uk/our-services/liverpool/school-health-service>

Click on **Teams 1, 2 & 3** and find your child's school. Please call the number to let the School Health Team know that you do not want your child's information to be shared