

Date: Academic Year 2026/27

Children's Community Health Hub

Children's Services
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Tel: 0300 555 0606

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Dear Parent / Carer

Measuring the Height and Weight of Children in Reception and Year 6

Every year in England, school children in reception and year 6 have their height and weight measured at school as part of the National Child Measurement Programme (NCMP). These measurements help us understand how children are growing.

We routinely visit schools to carry out the measurements on behalf of the local authority, which has a legal duty to collect NCMP data. This information helps the local authority and the NHS plan services for families and offer the right support to help children grow up healthy.

You can watch the [NCMP animation](#) to learn more about the programme, why it is important, and how your child's information is used.

What do parents/carers need to do?

We kindly ask you to **log in or register on the School Screener Parent Portal** and complete a short online form. This helps us confirm your preferences and ensures you can access your child's screening results directly through your account.

 **Within the form, you will also have the option to opt out of the programme.**

 **Click here to complete the form**
<https://cam019.schoolscreener.com/Portal/#/391732/g/CCSh441>

 **Please submit the form within 2 weeks of receiving this link.**

 **Please see the attached information about the screening programmes before completing the form.**

Chair: Lynda Thomas CBE | Chief Executive: Matthew Winn

East of England Community Health & Care NHS Trust
Units 7-8, Meadow Lane, St Ives, Cambridgeshire, PE27 4LG

**Delivering great health and care
services in our local communities**

If you are happy for your child to be measured	Please register for the <i>School Screener Parent Portal</i> to view your child's results. Details on how to register are attached. If you do not have digital access and would like to receive a paper copy of your child's results letter, please contact the Children's Community Health Hub and ask to speak to a member of the School Screening team.
If you do NOT want your child to be measured (opt out)	Please register for the <i>School Screener Parent Portal</i> and select the option to opt out of the programme. Details on how to register and opt out are attached. If you do not have digital access, please write to your child's school to let us know that you wish to opt out of the programme.

How the measurements are carried out

The wellbeing of children and families is very important to us. Measurements are carried out in a sensitive and respectful way, and no child will be made to take part if they do not want to. Children are measured in a private space, away from other pupils. They keep their clothes on, except for coats and shoes.

Your child's results are not shared with them or their school. Their height and weight information is shared only with you through the *School Screener Parent Portal*.

How we use the data

We combine your child's measurements with basic information such as their name, date of birth, sex, address, postcode and ethnicity. This information is used for local and national reports, but no child can be identified from these. All information and results are kept confidential.

You can find more details about how we use your child's personal information in the enclosed information sheet.

What happens after children are weighed and measured?

Your child's results will be available to you through the *School Screener Parent Portal*. Please allow up to 24 hours for them to appear. If your child's weight is **above** or **below** the expected range for their age and height, you can get advice and support.

If your child's weight is **above** the expected range, your contact details will be shared with:

- [Choose You](#) (if you live in Bedford Borough or Central Bedfordshire) or
- [Total Wellbeing](#) (if you live in Luton)

These services work on behalf of the local authorities to support families to build healthier habits. They will contact you to offer help and advice.

Whatever your child's individual measurement, taking opportunities to help them be active and eat a healthy diet is good for their future health and happiness. For more information on healthy choices visit [NHS Healthier Families](#) or search “*NHS Healthier Families*”.

If you're finding it difficult to feed your family as a result of the cost-of-living crisis, you can find help and support through your local authority. Search “*cost of living support*” at your local authority or click on the link below:

[Bedford Borough](#)
[Central Bedfordshire](#)
[Luton Borough](#)

Please check whether your child is eligible for Free School Meals and the Holiday Activity and Food Programme by visiting www.gov.uk/apply-free-school-meals and contact your school directly to apply.

If you would like further information, please contact the Children's Community Health Hub on 0300 555 0606, who will ask for your child's name, date of birth and the school they attend so you can be directed to the school nurse team in your area.

Yours faithfully
School Nurse Team

The information we collect and what it is used for

Your child's data

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.

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.

You can read more about how our local services collect, store and use information at:

- [EEC School Nursing Service](#) (Bedford Borough, Central Bedfordshire & Luton residents)
- [Local Authority Public Health](#) (Bedford Borough & Central Bedfordshire Residents)
- [Choose You](#) (Bedford Borough & Central Bedfordshire residents)
- [Total Wellbeing](#) (Luton residents)