

3 September 2025

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. This is called the National Child Measurement Programme (NCMP).

The checks are carried out by registered school nurses or trained health and care providers. Children are measured fully clothes, except for their coats and shoes, in a private space away from other pupils.

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.'

Your child's class will take part in this year's programme.

Further information on the NCMP process can be found here:

- [National NCMP animation video](#)
- [Locally produced NCMP animation video](#)
- [Local NCMP information page](#)
- [NHS NCMP information page](#)

### **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.

Following measurement, parents are sent their child's measurement data, because this can be useful information about their child's growth. It also provides an opportunity to offer support to parents where required.

### **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.

Parental contact details (address and phone number) are collected to allow measurement feedback letters to be sent, and supportive follow up from our local healthy families service, where appropriate.

### **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

You can read more about how Cambridgeshire County Council and Everyone Health (Healthy You) collect, store, and use your child's information at:

[Privacy notice | Cambridgeshire County Council](#)

[Privacy Policy - Everyone Health](#)

## 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 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 17<sup>th</sup> October 2025.** 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.

**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 on 0333 005 0093 or at [eh.ncmp.healthyyou@nhs.net](mailto:eh.ncmp.healthyyou@nhs.net)

## How a child's mental health and wellbeing is 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 is shared only with you, through a parent 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, advice, and support

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:



Please note, following your child's measurement feedback 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.

You may find the local [school nursing service webpage](#) useful, for information on topics such as [healthy eating](#) and [physical activity](#).

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 simple tips, fun games, healthy swaps, and tasty recipes on a budget.

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 Imogen Gray at [imogen.gray@cambridgeshire.gov.uk](mailto:imogen.gray@cambridgeshire.gov.uk).

Yours faithfully,



Val Thomas  
Deputy Director of Public Health  
Cambridgeshire County Council



Sarah Callaghan  
Service Director - Education  
Cambridgeshire County Council