



**Humber Teaching**  
NHS Foundation Trust

Dear Parent/Guardian

### **Measuring the Height and weight 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 as part of the National Child Measurement Programme. Your child's class will take part in this year's programme. Height and weight measurements are used to calculate weight status. A healthy weight is important to every child's health and wellbeing throughout their lives, by understanding how many children are overweight, a healthy weight or are underweight we can develop and target the interventions and plan better health and leisure services for families.

The checks are carried out by registered school nurses or trained health care providers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. We will follow each schools guidance around Covid 19 measures and this may include staff wearing PPE. All equipment is cleaned between each child.

The information collected by us includes your child's height and weight measurements together with their name, date of birth, gender, home address and postcode, NHS Number and ethnicity. This information about your child is needed because their age, gender, ethnicity and the place they live are known to affect their height and weight. Their name, date of birth and NHS Number is needed to link your child's measurements to other information about your child. All this information is treated confidentially and held securely by us. We will store your child's information on their local child health record on the child health information database and share it with their GP. No individual measurements will be given to school staff or other children, and all information will be treated confidentially. The information collected from all schools in the area will be gathered and held securely by Hull City Council. This data will be submitted for national analysis, publication and shared with organisations such as NHS Digital and the Office for Health Improvement and Disparities (OHID), previously known as Public Health England (see reverse of this letter for more details) in a way that means individual children cannot be directly identified. All information will be treated confidentially.

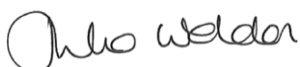
Once the measurements have been carried out, you will be contacted by the 0-19 team either by letter or telephone to talk you through your child's results and you may be offered some support by the Hull City Council Healthy Lifestyles Team, who will contact you with your consent.

### **If you are happy for your child to be weighed and measured, you do not need to do anything**


Opting your child out of the programme - If you do not want your child to take part, or your child has a medical condition that affects their height or weight, please let the 0-19 service know as soon as possible using the contact details at the top of this letter.

### **Children will not be made to participate if they don't want to.**

Yours sincerely



Julia Weldon  
Director of Public Health &  
Deputy Chief Executive



Pauline Turner  
Director of Children,  
Young People & Family Services



Today the school nurse is going to check how I'm growing and staying healthy.



I go to see the nurse and she says hello. She is wearing a mask and gloves to make sure I'm safe from any germs.



The nurse asks me to stand next to a big ruler so she can see how tall I am.



I stand on a little platform that tells the nurse how much I weigh.



The nurse writes it all down and that's it, back to class now!

### Details of how data is used / shared

The information collected from all schools in the area will be gathered together and held securely by Hull City Council. We will store your child's information as part of their local child health record on the NHS's child health information database and share it with their GP.

All the information collected about your child will be sent by us to NHS England. NHS England is responsible for collecting data and information about health and care so that this can be used to monitor and improve the care provided to people across England.

The information collected about your child will also be shared by NHS England with the Office for Health Improvement and Disparities (OHID) which is part of the Department of Health and Social Care (DHSC) but in a de-personalised form only. This means OHID will not be able to identify your child. OHID focuses on improving the nation's health so that everyone can expect to live more of life in good health, and on levelling up health disparities to break the link between background and prospects for a healthy life.

Both NHS England and the Office for Health Improvement and Disparities (DHSC) will use the information from the National Child Measurement Programme to better understand numbers and trends in child weight and body mass index (BMI). This helps with the planning of services to support healthy lifestyles in your area. No information will ever be published by NHS England or the Office for Health Improvement and Disparities (DHSC) that identifies your child. NHS England use the data to produce [National Child Measurement Programme statistics reports](#) showing trends at national and local community level.

De-personalised information from the National Child Measurement Programme may also be shared by NHS England with other organisations, such as universities. This is to help improve health, care and services through research and planning. This information cannot be used to identify your child, and NHS England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.

The information we collect and what it is used for is listed below:

- your child's date of measurement, sex and date of birth are used to calculate your child's weight category
- your child's name, date of birth and NHS Number are used to link your child's measurements in Reception and Year 6. Other data sets held by NHS England and Department of Health and Social Care, may also be linked to allow the addition of information from health and education records, where lawful to do so, to understand how and why the weight of children is changing, and how this affects children's health and education and how the care children receive can be improved. This includes your child's health data relating to:
  - their birth, hospital care (including time in hospital and out-patient appointments and diagnosis of medical conditions)
  - mental health
  - social care
  - primary care - includes all healthcare outside of hospital such as GP and dental appointments,
  - public health - including data relating to preventing ill health such as immunisation records
  - records for when and the reason why people pass away
  - medical conditions such as cancer, diabetes
  - health, lifestyle and wellbeing surveys that your child has participated in

- your child's ethnicity and address are used to help understand some of the reasons for the difference and changes in child weight across England

All the data collected is also used for improving health, care and services through research and planning.

### **Further information**

For details of how Hull City Council Public health process personal information please refer to the details on this page of our website - <http://www.hull.gov.uk/help/service-or-project-specific-privacy-notice>

Alternatively, you can request a copy by calling 01482 300300

Further information about the National Child Measurement Programme can be found at <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>

Information and fun ideas to help your kids stay healthy can be found at <https://www.nhs.uk/change4life>

Information about how NHS Digital and OHID collect and use information can be found at <https://digital.nhs.uk/about-nhs-digital/our-work/keeping-patient-data-safe/how-we-look-after-your-health-and-care-information>