

Public Health

1st Floor Main Building
County Hall
Topsham Road
Exeter
EX2 4QL
(01392) 386382

October 2024

Dear Parent/Carer,

Measuring the height and weight of children in Reception Year and Year 6

Each year in England, children in Reception and Year 6 have their height and weight measured at school as part of the [National Child Measurement Programme](#). This is to help to understand trends in children's growth over time and help with planning support for families and children. Your child's class will be taking part between January and the end of summer term 2025. The measurements will be taken by Devon County Council's School Nursing team.

What to do now

- If you are happy for your child to be weighed and measured, then you do not need to do anything
- If you **don't want your child to take part**, please complete this [opt out form](#) by **15 December 2024**. If you have any problems completing the form, please call 01392 386382. Please note that if the form is completed after this date, it is possible your child will be measured
- Please ensure the school holds your correct address and phone number. We use the contact information held on the school's system records.

How the programme works

- Children are measured fully clothed, in a private space away from other pupils
- Children will not be able to see or be told their measurements
- Children don't have to take part if they don't want to, they can tell the teacher or nurse beforehand, confidentially
- The programme will follow the school and local authority's infection control measures.
- Your child's name, height, weight, date of measurement, sex and date of birth are used to calculate your child's weight category.

What happens with this information?

- The measurement information is confidential and is not shared with school staff, it will be held securely by Devon County Council. Information about this is in our privacy notice [here](#).
- The information is sent to NHS England, who are responsible for collecting information about health and care to monitor and improve the care given to people in England.
- NHS England share the information with the Office for Health Improvement and Disparities, but this will be de-personalised so your child cannot be identified.

- NHS England may share this information with organisations like Universities, to help improve health, care and services through research. All this information is anonymised, treated confidentially, and held securely.
- Public Health will not use your child's NHS number to link, or share, their measurements with other health data.
- We do not currently send out measurement results to parents, but would be pleased to hear your views about this –follow this [link](#) to complete an anonymous questionnaire.

What happens after the measurements?

- The School Nurse team may contact you if your child is below or above their expected weight. In these cases, we feel it's important to share the information with you as you know your child best and whether there are any concerns more generally about your child's health and wellbeing.

If you would like further help

If you would like any support or advice about your child's health and wellbeing, please do contact your School Nurse. You can find information about the service and contact details on the [Devon County Council website](#) or our [Health for Kids](#) website. If you have any comments or complaints on the service provided, please contact your local [school nursing team](#)

Thank you for your co-operation and help,

Best wishes



Steve Brown
Director of Public Health and Communities
Devon County Council

Further resources and information:

[Be Body Positive - Support for Young People, Parents, Carers & Professionals](#)

[Health for Kids](#) – health information and advice for parents on helping support their primary aged children

[Children's weight - Healthier Families](#) - NHS (www.nhs.uk) – resources including recipes and activities with healthy bodies and healthy minds

[The Eatwell Guide](#) - government recommendations on eating healthily and achieving a balanced diet

[Physical activity guidelines](#) recommendations on activity levels for 5 to 18-year-olds

[Children's mental health - Every Mind Matters - NHS \(\[www.nhs.uk\]\(http://www.nhs.uk\)\)](#) information to support children's emotional health and wellbeing

[Cost of living in Devon](#) help and advice for people living in Devon

[NHS Digital](#) – information on how NHS Digital (now merged with NHS England) collects and uses health and care information

[NHS Digital NCMP information](#) - more information about the National Childhood Measurement Programme and how this data is collected and used