Supporting every child, young person and family in Norfolk to flourish

NHS Norfolk Healthy Child Service

Norfolk Healthy Child Service
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RECEPTION YEAR 2026/2027

School Height & Weight Check – National Child Measurement Programme (NCMP)

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. Height and weight measurements are used to calculate weight status. The information gathered allows services to plan how to support families to lead healthy lives.

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

The checks are carried out by trained staff from the Healthy Child Programme. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. A member of the school staff may be present during screening.

You can watch the Map Me video - the animation explains the process of the NCMP and why it is important. It will guide you through what it involves, how your child's data is collected and processed and what it will be used for.

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.

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 - GOV.UK

You can read more about how NHS England collects, stores and uses your child's information and data at National Child Measurement Programme (NCMP) - NHS England Digital

At the National Child Measurement Programme - NHS England Digital 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 East of England Community Health and Care NHS Trust collects, stores and uses your child's information at Privacy notice

Maintaining the well-being of children in the NCMP

The wellbeing of children and families is very important. Measurements are carried out in a sensitive way, in private and away from other children. Your child's results are not shared with your child or their school. The weight and height results are only shared with you. It is your choice if you share the information with your child.

The emotional impact of the NCMP has been researched and studies show that body image, self-esteem, weight-related teasing and restrictive eating behaviours do not change as a result of being measured or receiving feedback.

NCMP results – what happens next:

- **Healthy Weight -** You will not receive a results letter if your child is in the healthy weight range. You can talk to a member of our team about your child's height and weight results by contacting us on the details above.

- **Underweight -** You will receive a letter within 6 weeks with the results and further information.

- **Overweight -** You will receive a letter with the results within 6 weeks and further information. Your details will be shared with Gro-Health our tier 2 weight management service, and they will contact you directly for continued support.

- **Very Overweight** - You will receive a letter with the results within 6 weeks and further information. Your details will be shared with Gro-Health our tier 2 weight management service, and they will contact you directly for continued support.

Opting your child out of the National Child Measurement Programme

If you are happy for your child to be measured, you do not need to do anything.

If you do not wish your child's height and weight to be checked, please follow the steps below in the grey box.

Children will not be made to take part if they do not want to.

If you wish to opt your child out of the National Child Measurement Programme (NCMP) please follow the steps below:

- Contact us by 18/09/26
- Using the QR code or the link - please complete **parts 1 & 2** on the opt out form https://www.justonenorfolk.nhs.uk/our-services/school-height-and-weight-checks/national-child-measurement-programme-ncmp/
- Or call 0300 300 0123
- Leave the following information:-
  - child's full name
  - NHS Number (if known)
  - date of birth
  - current home address
  - school they attend
  - Your contact information
  - check/test you're opting them out of

It is very important that we receive all the above information when you are opting your child out.

We provide this service to help protect the health of your child as part of our public task as a health service provider. Your child's school has provided us with your contact details. We will update your child's electronic health record of the outcome of our screening programme.

Please do not hesitate to contact the team if you have any queries.

Yours faithfully,

Norfolk and Waveney Children & Young People's Health Services

Inspected and rated Outstanding CareQuality Commission

disability confident LEADER

To find out how we use what we know about you (Privacy Notice) and the services we provide please visit https://eastofenglandcommunityhealthandcare.nhs.uk and follow the links or contact us.

Delivering great health and care services in our local communities