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Academic Year 2025-26

Dear Parent / Carer

## Height and weight checks for children in Reception and Year 6

Every 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. We collect this information to build a picture of how children are growing, to help plan better health and leisure services for families. Your child's class will take part in this year's programme.

**The checks are carried out by registered school nurses or trained health care practitioners. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.** The programme will be delivered in a safe way, in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

The wellbeing of children and families is very important. Measurements are conducted in a sensitive way, in private and away from other children. Research is ongoing to ensure this continues to be done in a supportive way. Individual results are not shared with your child or their school. The weight and height information is shared only with you in the parent or carer feedback letter. It is your choice if you 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 General Practitioner.

Please see our video from the Office for Health Improvement and Disparities (OHID) which explains more about the programme: <https://www.youtube.com/watch?v=7W771420z9g>

### 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 (DHSC) may also be linked as this would let us add 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 we can improve the care children receive. 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
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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.

Your email address and telephone number are required to send you your child's feedback letter via secure link. This will include your child's measurements together with information about healthy eating and being active. We may also contact you by email or telephone to discuss your child's feedback.

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

**All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.**

### **How the data is used**

The information collected from all schools in the area will be gathered together and held securely by Croydon School Nursing Service. 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 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 OHID 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 OHID that identifies your child.

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 with the approval of an independent group of experts.

## Withdrawing your child from 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 want your child to be measured, or your child has a medical condition that affects their height or weight please let us know using the contact details provided below.

[CH-TR.Croydon0-19service@nhs.net](mailto:CH-TR.Croydon0-19service@nhs.net)

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

## HENRY Healthy Families, Brighter Future Programme

Should your child's measurements fall outside the expected weight range for their age, sex and height, we will offer a healthy lifestyle programme to you and your family, provided by HENRY (Charity No. 1132581). The *HENRY Healthy Families, Brighter Future* programme supports families with children aged 0-12 years to provide the best and healthiest start in life for their children, and is free for Croydon families. You can join the thousands of families across the country from all communities and cultures who have benefited from the support and tips it provides for young families. Below is a link to the HENRY programme.

<https://www.henry.org.uk/croydon>

The Croydon 0-19 Team will share minimum data with HENRY including name, date of birth, parental contact details and the child's measurements. This information will not be used for any other purposes whatsoever. Our legal basis for processing this information is article 6(1)(e) of UK GDPR; task carried out in the public interest or in the exercise of official authority and 9(2)(h) for the provision of health or social care or treatment. For more information on how HENRY processes and retains data please see <https://www.henry.org.uk/privacy-policy>

If you are happy for your child to be measured, but do not want your child to be enrolled on the HENRY programme, please let us know using the contact details provided below.

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## Further information

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/healthier-families/>

Information about how NHS England and Office for Health Improvement and Disparities 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> and <https://www.gov.uk/government/organisations/department-of-health-and-social-care/about/personal-information-charter>

Information about the organisations NHS Digital has shared information with from the National Child Measurement Programme can be found at <https://digital.nhs.uk/services/national-child-measurement-programme>

Yours sincerely,



Juliette J. Penney

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Head of Public Health Nursing  
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