

**Academic Year 2025/26**

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This document can be provided in other formats and languages, please contact us:

Haddii aad u baahatid dukumentigan luqad kale, fadlan tag:

Jeśli potrzebujesz tego dokumentu w innym języku, przejdź do:

إذا كنت تحتاج إلى هذا المستند بلغة أخرى ، فيرجى الانتقال إلى:

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ئەگەر پێویستت بەم بەلگەنامەیە بە زمانێکی تر، تکایە بچۆ بۆ:

[sirona.bristolschoolnursing@nhs.net](mailto:sirona.bristolschoolnursing@nhs.net)

E: [sirona.bristolschoolnursing@nhs.net](mailto:sirona.bristolschoolnursing@nhs.net)

Website: [www.sirona-cic.org.uk](http://www.sirona-cic.org.uk)

**Dear Parent/Guardian,**

### **Height and Weight Checks for Children in Reception and Year 6:**

As part of the National Child Measurement Programme (NCMP), all children in Reception and Year 6 are offered height and weight checks at school each year. We collect this information on behalf of Bristol City Council. These checks help monitor children's growth across the country and help the NHS and local councils in planning health and leisure services to support healthy lifestyles. Your child's class will take part in this year's programme.

You can contact your school to find out when we will be visiting. If your child is absent on that day, we may need to make another visit, this will be arranged directly with the school.

### **What Happens During the Check**

- Checks are carried out by trained school nursing staff.
- **Reception** children are measured in small groups; **Year 6** children are measured individually.
- Children remain fully clothed, removing only coats and shoes.
- The process is done sensitively and in private.
- Children are **not told** their results, and schools do **not receive** individual data.

You can watch a short video on the process here: <https://www.youtube.com/watch?v=7W771420z9g>

### **Your Child's Results**

- Your child's results are shared with you if their measurements are above or below the expected weight range for their age, height and gender. If your child's results show they are growing as expected for their age, height and gender but you still want to know the outcome, please contact your school nursing team.
- It is your choice to share or not share the information with your child.

## What Data is Collected and Why

The following details are collected:

- **Height, weight, age, gender, and date of birth:** used to calculate their weight category (also known as body mass index – BMI).
- **Ethnicity and home address:** helps understand growth trends in different communities.
- **Name, NHS number, date of birth:** helps match records from Reception and Year 6 and combine with health and education data (where legally allowed).

## We also collect your address and contact details because we may:

- Contact you by phone to discuss your child's results.
- Send you your child's feedback letter if your child's results fall outside an expected weight range.
- Offer you further support following your child's measurement.

All data is stored securely and confidentially. It is never shared with school staff or other children.

## How the Data Is Used

Bristol City Council is dedicated to making our communities healthier for everyone. The council has partnered with Maximus to deliver their popular Beezee Families programme. As part of this partnership, we share NCMP data with Maximus. This enables Maximus to identify and contact families who may benefit from joining the Beezee Families programme.

If you do not wish to have your data shared with Maximus, please email the school nursing team on the above email within two weeks of receiving this letter with the subject line "**NCMP Maximus Opt Out.**"

- Results help improve local and national services for children's health.
- De-identified (anonymous) data is used for research and planning.
- Data is shared with: **NHS England, The Office for Health Improvement and Disparities (OHID), Researchers and approved organisations**, where appropriate.

**Important:** Your child will **not be identified** in any published statistics or reports.

More details on how your child's data is used and protected can be found below.

## If You Don't Want Your Child to Take Part

If you're happy for your child to be measured, **you do not need to do anything.**

If you **do not** want your child to take part, or your child has a medical condition that affects height or weight:

- Please complete the **opt-out form** at the end of this letter and return it to your child's school office.
- Participation is always voluntary, and children can decline on the day if they choose.

### More Information & Support

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 NCMP Privacy Notice: <https://bit.ly/NCMPPrivacyNotice>.

For further information and advice and support please visit our dedicated NCMP webpage by scanning the QR code below:



If you have any concerns about your child's growth, eating habits, or weight, please speak to your **GP** or contact the **school nursing service**.

If you would like to find out how else your school nursing team can support you and your child, there are a variety of resources available on our website. Please scan the QR code below where you can access the materials.



**Yours faithfully,**  
**School Nursing Service**



## Opt-out Form for National Child Measurement Programme

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**Only complete this form if you do not wish for your child to be weighed and measured.**

Child's Name:

Date of Birth:

Name of  
School:

Ethnicity of  
Child:

**I do not wish my child to take part in the National Child Measurement Programme**

☐

**This form must be signed by a person with parental responsibility**

Signature:

Date:

Print name:

Relationship  
to child:

We will weigh and measure your child unless you opt out by ticking the box above.

If you do not return a completed form your child will participate in the National Child Measurement programme.

If your child moves to a different school during the academic year, please ensure that you inform your child's school if you do not want your child to take part.

If you have decided to opt your child out of the programme, please return this form to the school office.