

January 2026

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 measured at school as part of the National Child Measurement Programme (NCMP). The programme helps to monitor how children are growing. Your child's class will take part in this year's measurement programme. The measurements are carried out by trained public health nursing staff at school in a private space away from other pupils. Children will be measured fully clothed except for their coats and shoes. If you are happy for your child to be measured, you do not need to do anything. Research tells us that most parents and carers have no objection to their child being measured.

To receive your child's results

Your child's measurements will be available around three weeks after measuring. If you would like to receive your child's results, please use this link to request access to a feedback letter **no earlier than three weeks** after their measurement date, <https://service.somerset.gov.uk/ncmp-feedback-letter>.

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](#).

You can read more about how NHS England collects, stores and uses your child's information and data at [National Child Measurement Programme \(NCMP\): GDPR information](#).

At the NHS England [National Child Measurement Programme 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 Somerset Council collects, stores and uses your child's information at <https://www.somerset.gov.uk/finance-performance-and-legal/national-child-measurement-programme-ncmp-privacy-notice/>

Further information

If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a School Nurse by phoning 0300 790 9854 or texting their Chathealth line on 07480 635 515. You can also find trusted information by going to <https://healthysomerset.co.uk/starting-well/healthy-weight/>.

Withdrawing your child from the National Child Measurement Programme

If you **do not** want your child to participate, please complete this [NCMP Opt out form](#) and your child will not be measured. Please ensure that you complete the opt-out form at least 48 hours before the measurements are due to take place at your child's school. Children will not be made to take part on the day if they do not want to.

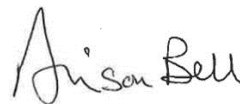
For further information about the National Child Measurement Programme including the National Child Measurement Programme Factsheet for Parents/Carers, go to the [NCMP](#) page of our Public Health website or contact your child's school.

If you require this information in an accessible format such as Braille, large print, audio or another language please contact the School Nursing Team on 0300 790 9854 or email schoolnurseduty@somerset.gov.uk to arrange this.

Yours sincerely



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