

National Child Measurement Programme (NCMP)

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

Healthy Child Programme 0 -19 Service

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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. This is called the National Child Measurement Programme (NCMP). The checks are carried out by registered school nurses or trained health and care providers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. You can watch the [NCMP process animation](#). 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.

Why do we need to measure children?

Children's height and weight measurements are collected to build an understanding of how children are growing. The information from the NCMP is used by local councils and the NHS to plan the provision of health and leisure services for families to promote healthier growth in children.

In Telford and Wrekin, parents receive their child's measurement data, because this can be useful information about their child's growth. It also provides an opportunity to offer support to parents where required. Your child's class will take part in this year's programme.

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 \(NCMP\): GDPR information - NHS England Digital](#)

At the NHS England [National Child Measurement Programme - NHS England Digital](#) 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 Telford and Wrekin Council collects, stores and uses your child's information at [Telford & Wrekin Council | Terms and disclaimer](#).

How you can withdraw your child from participating in the NCMP

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

If you do not want your child's height and weight to be measured, or your child has a medical condition that affects their height or weight, you may choose to withdraw by returning the NCMP withdrawal slip attached to this letter to your child's school.

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

How is a child's mental health and wellbeing considered in the NCMP

The wellbeing of children and families is very important to the programme. Measurements are conducted in a sensitive way, in private and away from other children. Individual feedback is not shared with your child or their school.

The weight and height information is shared only with you, through a parent feedback letter. It is your choice to share or not 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 GP.

Some parents may receive contact from a member of the local Healthy Families team, within 12 months of their child's results.

In Telford & Wrekin, the Healthy Families Programme supports parents to help children grow into a healthier weight. The team aims to educate families on healthy choices and cover a variety of topics such as portion sizes for different ages, food labels, physical activity and rewards. The team also provides parents with assurance around weight terminology that can help to protect children's health and wellbeing. The 12-week personalised programme is free of charge for all families in Telford and Wrekin. To sign up, or for more information, email healthy.families@telford.gov.uk or visit the website: www.healthytelford.com

Further information

You can find information and fun ideas to help your kids stay healthy at the NHS Better Health: healthier families webpage [Easy ways to eat well and move more](#).

Another way to help maintain a balanced diet and physical activity for your family is the NHS Healthy Steps email programme. Sign up for the 8-week Healthy Steps emails and you will be sent lots of low-cost easy tips, fun games, healthy swaps and tasty recipes on a budget. You can sign up to NHS [Healthy Steps - Step this way](#).

You can find further information about the NCMP at [The National Child Measurement Programme](#) NHS webpage.

National Childhood Measurement Programme OPT OUT form.

Academic Year 2026-2027

NCMP Advice line: 01952 309012

Withdrawing your child out of the programme

If you are happy for your child to be weighed and measured, you do not need to do anything. If you do not want your child to take part, please return the slip at the end of this letter to the school and your child will not be measured. Children will not be made to participate if they do not want to on the day.

Yours faithfully

Shropshire Community Health NHS Trust,
Healthy Child Programme 0-19 service

Withdrawing your child out of being weighed and measured

Return this form if you do not want your child to participate.

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NCMP Withdrawal:

I do not wish my child to be weighed and measured for the National Child Measurement Programme.

Child's name	
Child's date of birth	
Child's school	
Reason for non-participation	
Parent/carer name	
Parent/carer signature	

On completion, please return this slip to the ~~school office~~ class teacher.