

Humber Teaching NHS Foundation Trust  
Integrated Specialist Public Health Nursing Service  
Child Health Department  
Willerby Hill  
HU10 6ED  
Hnf-tr.ncmp@nhs.net  
10 September 2024

**Dear Parent/Carer,**

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 (NCMP). Your child's class will take part in this year's programme.

**This year, East Riding is adopting a more compassionate approach to weight.** Height and weight will be recorded however their BMI will not be disclosed. The information collected helps to build a picture of how children are growing and to help plan better health and leisure services for families.

**The checks are carried out by staff from the Integrated Specialist Public Health Nursing Service (ISPHNS) employed by Humber Teaching NHS Foundation Trust.** 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.

#### **Maintaining the wellbeing of children in the NCMP**

The wellbeing of children and families is very important. Individual results are not shared with your child or their school. The weight and height information are shared only with you in the parent or carer feedback letter. It is your choice if you share the information with your child. Research on the emotional impact of the NCMP shows that body image, self-esteem, weight-related teasing and restrictive eating behaviours do not change as a result of being measured or receiving feedback.

#### **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's height and weight to be checked, or your child has a medical condition that affects their height or weight or their ability to stand independently for recording of height and weight, please let us know by emailing us at **Hnf-tr.ncmp@nhs.net** by **Friday 4<sup>th</sup> October 2024**.

If you informed us that you did not want your child to participate in a previous NCMP year, you will need to make that request again, whether it's for the same child or a different one. Children will not be made to take part on the day if they do not want to.

Yours faithfully,  
Andy Kingdom  
Director of Public Health  
East Riding of Yorkshire Council

Merlin Joseph  
Executive Director of Children, Families and Schools  
East Riding of Yorkshire Council



Today the school nurse is going to check how I'm growing and staying healthy.



I go to see the nurse and she says hello.



The nurse asks me to stand next to a big ruler so she can see how tall I am.

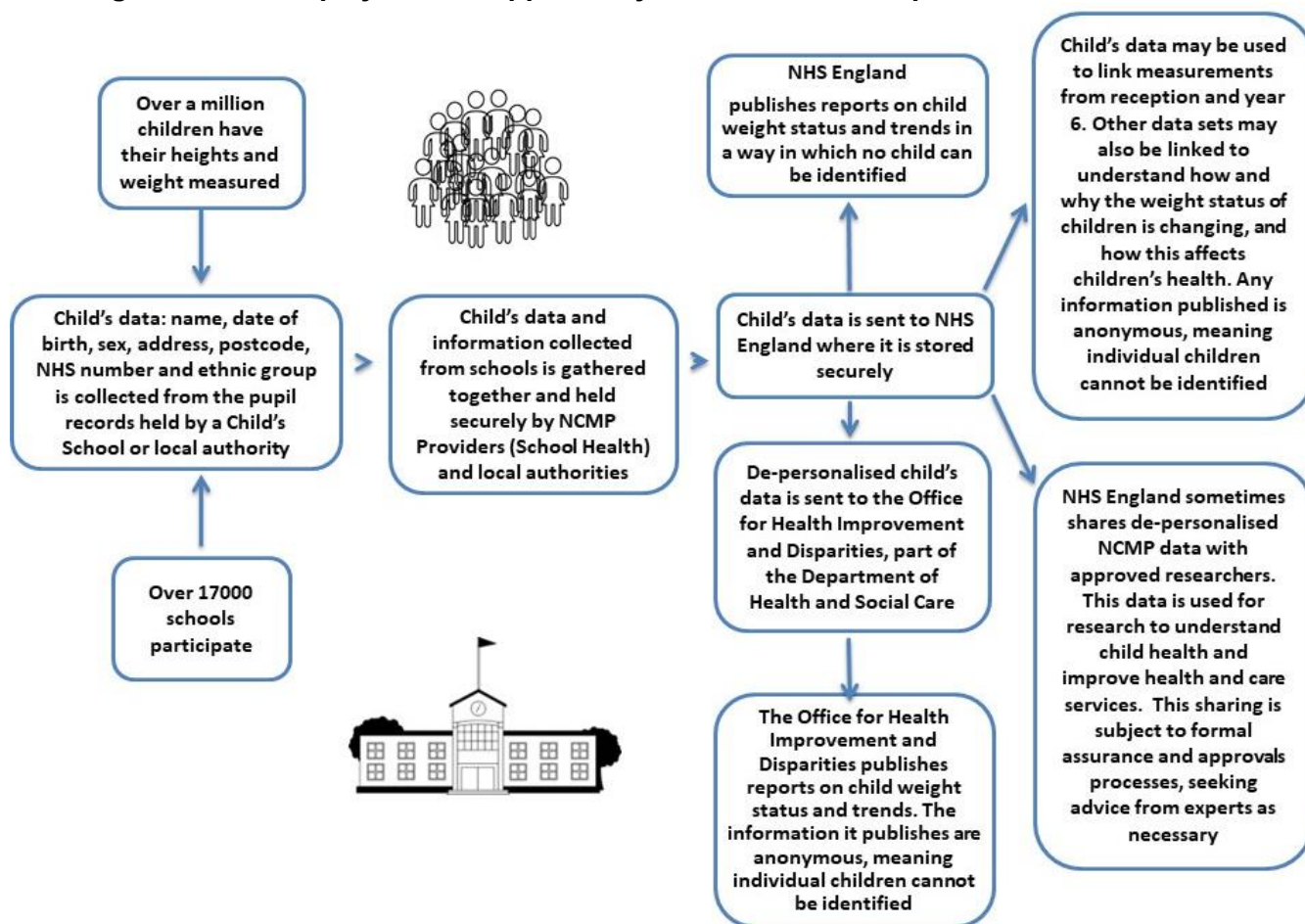


I stand on a little platform that tells the nurse how much I weigh.



The nurse writes it all down and that's it, back to class now

The diagram below displays what happens to your child's data as part of the NCMP.



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

Your child's height, weight, date of measurement, sex and date of birth are used to calculate your child's weight category (also known as body mass index, or BMI).

Information about how ISPNHS collect and use information can be found at <https://www.humber.nhs.uk/about/privacy-notice-for-patients.htm>

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 DHSC but in a de-personalised form only. This means OHID will not be able to identify your child.

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You can find further information about the NCMP at [The National Child Measurement Programme](https://www.nhs.uk/ncmp) NHS webpage.

You can find information about how NHS England and DHSC collect and use information at: NHS England's [How we look after your health and care information](https://www.nhs.uk/healthcare-professionals/looking-after-your-health-and-care) webpage the DHSC [Personal information charter](https://www.dhsc.gov.uk/privacy) webpage.

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## Helpful information

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Our **Healthier Together programme** is a fun learning opportunity to engage your whole family for the age of 4 years old in the benefits of a healthy lifestyle. This **FREE** programme includes 12 weekly fun and interactive sessions which will last 90 minutes. Each session is a safe and non-judgmental space to explore a new topic each week.

For more information visit: <https://eastriding.healthier-futures.co.uk/services/healthier-together/>



Call: 0330 236 9102

Email: [HealthierFuturesEastRiding@xylahealth.com](mailto:HealthierFuturesEastRiding@xylahealth.com)

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From year 6 and above, your child could be eligible for our free Young Live Well programme. Young Live Well is a 26 week healthy lifestyle programme. This is not a diet, it is a fun and active lifestyle change that can be continued long after you complete the programme. Working with our fitness instructors, you'll design an lifestyle programme to suit you.

To find out more visit: [www.eastringleisure.co.uk/health/young-live-well](http://www.eastringleisure.co.uk/health/young-live-well)



Call: (01482) 395223

Email: [leisure.health@eastriding.gov.uk](mailto:leisure.health@eastriding.gov.uk)

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ACCESS FRIENDLY FACILITIES ACROSS THE EAST RIDING

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Information and fun ideas to help your kids stay healthy can be found at <https://www.nhs.uk/healthier-families/>

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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.

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