

My ref: NCMP P/C 16/17  
Your ref: NCMP P/C 16/17

Date:

Contact: Dr Liz Robin  
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**Public Health Team**

Director of Public Health: Dr Liz Robin

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Dear Parent/Carer

**Re: National Child Measurement Programme (NCMP)  
Height and weight checks for children in Reception and Year 6**

Every year in England, children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP). Your child's class will take part in this year's measurement programme.

The NCMP provides information to help build an understanding of national and local trends in child weight. It is important to have a good understanding of how children are growing. The information collected is used within the Local Authority and the NHS to help plan the provision of the best possible services and advice to support healthy weight and lifestyles in the area.

Cambridgeshire County Council (CCC) commission the organisation Everyone Health to undertake the NCMP in Cambridgeshire. Everyone Health has considerable experience of working with children and addressing their weight and health issues. The staff members of its NCMP Team are fully trained to deliver the programme and meet all the Disclosure and Barring Service (DBS) safeguarding requirements.

Reception children will be measured in their groups and Year 6 children in a private area away from other pupils. Children who take part will be measured fully clothed except for their coats and shoes. Routine data such as your child's name, date of birth, sex, address, postcode and ethnicity will also be collected. Any child absent on the measurement day may have the opportunity to be measured at a later date if the team are able to return to the school.

The data from all schools in the area will be gathered together and held securely by Everyone Health. Children are not informed of their own measurements and they are not given to school staff or other children. All information will be treated confidentially. The information is submitted for national analysis and publication in a way that means individual children cannot be identified.

After the measurements, Everyone Health will send you your child's results along with information on healthy eating, being active and activities available in your area. Children's results will be sent to their home, addressed to Parent/Carer of 'child's name' through the post after the measurements have been undertaken. Everyone Health encourages each parent/carers who receives a letter advising that their child is

'overweight' and 'very overweight' to call them for more information and support. The NCMP Team's details can be found on the results letter that you will receive. Please do not hesitate to contact them if these raise any concerns or if you require any further information and/or support.

Children who are unable to stand unaided are not included in the programme but special arrangements can be made to measure them. If you wish to take up this offer please contact the NCMP Team at [ncmpcamb@everyonehealth.co.uk](mailto:ncmpcamb@everyonehealth.co.uk) to make an alternative appointment.

Children identified by parent/carers or school staff as having a medical condition will be measured and the results sent to parents/carers without a weight category. Please note the NCMP Team have no other way of obtaining a child's medical information.

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

### **Opting your child out of the programme**

If you do not want your child to take part, please return the completed "opt out" form below to your child's school by **Thursday 20<sup>th</sup> October 2016**. If you wish this information to remain confidential from school staff, please place it in a sealed envelope.

### **Please note:**

To avoid any distress and/or identification of children who are opted out, all reception children are included in the activities and will receive stickers etc., but no measurements will be taken. If you do not wish this to happen please inform your school staff so that they are not brought to the session. Opted out Year 6 children will be invited to take part with all the others and informed that they are opted out in private.

Children will not be made to participate or attend with the other children on the day if they do not want to.

### **Please find enclosed/attached:**

For Reception and Year 6

- A leaflet called 'Why your child's weight matters'. This provides more information about the National Child Measurement Programme and tips on healthy eating and being active.
- An "opt out" form.

For Year 6 only

- Information about a local healthy lifestyle programme will be made available to parents of children classified as overweight and very overweight in the feedback letter.

If you require any further information about the Measurement Programme, please contact Lorraine Bishop; [ncmpcamb@everyonehealth.co.uk](mailto:ncmpcamb@everyonehealth.co.uk); 03330 050094

If you have any concerns about the overall Programme, please contact Val Thomas, Consultant in Public Health [val.thomas@cambridgeshire.gov.uk](mailto:val.thomas@cambridgeshire.gov.uk)

Yours sincerely,



**Dr Liz Robin**  
**Director of Public Health**  
**Cambridgeshire County Council**



**Adrian Loades**  
**Executive Director: Children, Families and Adults Services**  
**Cambridgeshire County Council**

**MEASUREMENT REFUSAL FORM**

**(OPT OUT FORM)**

**INFORMATION FOR THE NATIONAL CHILDHOOD MEASUREMENT PROGRAMME TEAM (NCMP)**

Dear Parent/Carer,

If you **do not** wish your child to be measured please return the slip below to the school by:

**Thursday 20<sup>th</sup> October 2016.**

If you wish this information to remain confidential from school staff please place it in a sealed envelope addressed: **Confidential information for NCMP team only.**

Child's name: \_\_\_\_\_

Year: \_\_\_\_\_

Child's school: \_\_\_\_\_

If you wish to provide us with a reason for opting out please do so to enable us to improve our services.

Many thanks,

Lorraine Bishop  
School Nurse NCMP Lead  
Email: [ncmpcambs@everyonehealth.co.uk](mailto:ncmpcambs@everyonehealth.co.uk)  
Phone: 03330 050094