

19.01.2026

Dear Parent or 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 checked at school** as part of the National Child Measurement Programme (NCMP). We collect this information to build a picture of how children are growing to help plan better health and leisure services for families. **Your child's class will take part in this year's programme.**

The checks are carried out by trained family health assistants. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils and school staff.

The programme will be delivered in a safe way, in line with the school and local authority's safety control measures and national guidance.

Once the measurements have been carried out, all parents/carers will receive a general letter (emailed to you via your school) offering some healthy living advice and information. For parents whose children have measured above or below a healthy weight range, they may also be contacted by the family health assistants (e.g. by phone call/text message/letter) to offer additional support and information.


Further details are provided in the pages below, including what data is collected and how it is used. Here is a link to a [video](#) made by the North Yorkshire NCMP team, which explains why we do the NCMP and what will happen on the day of measurement at school: [The National Child Measurement Programme - YouTube](#)

**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 if your child has a medical condition that affects their height or weight or ability to be measured, please let us know using the contact details below. Please note: opting out your child will only apply to this particular child in this particular year. Also, children will not be made to take part on the day if they do not want to.**

HDFT 0–19 Children's Services: Tel. 0300 3030916 or email [hdft.ncmp@nhs.net](mailto:hdft.ncmp@nhs.net)

Yours faithfully,



Louise Wallace, Director of Public Health, North Yorkshire Council

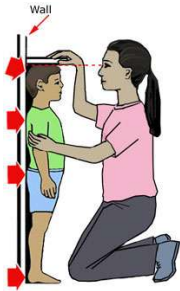
## What will happen on the day?



The family health assistant will visit me at school to check how I'm growing and staying healthy.



The family health assistant will visit my classroom to say hello.



My teacher will take me to the room where the family health assistant will ask me to stand next to a BIG ruler to see how tall I am.



Then I will stand on a little platform that tells the family health assistant how much I weigh.



The family health assistant will write all my information down and then I go back to my class

## Further Information

### Local contacts for the National Child Measurement Programme in North Yorkshire:

- HDFT 0–19 Children’s Services Single point of Contact: 0300 3030916 [hdft.ncmp@nhs.net](mailto:hdft.ncmp@nhs.net)

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- Nosheen Ali, Service Manager, Harrogate and District NHS Foundation Trust, [hdft.ncmp@nhs.net](mailto:hdft.ncmp@nhs.net)
- Helen Ingle, Public Health Manager, Public Health Team (NYC) [helen.ingle@northyorks.gov.uk](mailto:helen.ingle@northyorks.gov.uk)

## Staying Healthy

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](#) webpage or scan the QR code:



## Maintaining the mental health and wellbeing of children in the NCMP

The wellbeing of children and families is very important to the programme. Individual feedback is not shared with your child or their school.

If you are concerned about your child’s growth, weight, body image or eating patterns, please seek further support from your GP.

## About the NCMP

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

## The information we collect and what it is used for

### Your child's data

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).

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.

## How the data is used

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 North Yorkshire Council and HDFT collects, stores and uses your child's information at: [Public Health privacy notice | North Yorkshire Council](#) and [Privacy Notices - Harrogate and District NHS Foundation Trust](#)

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Health**

**Let's  
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**NHS**

## Better Health Families is here to help your family be healthy and happy

### Sign up for NHS Healthy Steps emails

**Better  
Health**

**Let's  
do this**

Sign up for 8 weeks of Healthy Steps emails to help your family make small changes to make a big difference. We'll send you lots of budget-conscious, simple family recipes, fun games and healthy swaps!

Visit [healthysteps.uk](http://healthysteps.uk) or scan the QR code to get started!



### Be Sugar Smart

Kids are having over double the amount of sugar than they should. Too much sugar is bad for teeth and can lead to weight gain. But don't worry, we have some simple swaps to help you be sugar smart and cut back.



Sugary drinks are bad for teeth and lead to decay. Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks. Limit fruit juice to no more than 150ml a day and stick to meal times.



Eating breakfast every day is important, but some breakfast choices have much more sugar than you think. Opt for plain porridge, shredded wholegrain or plain wholewheat biscuit cereals. Help your kids towards their 5 a Day by adding in chopped fruit.

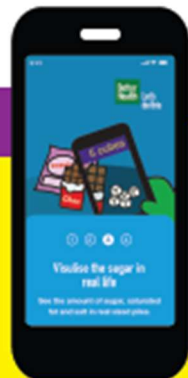


Sugary snacks can all add up! Fruit and vegetables are always the best snack. But when choosing packaged snacks, stick to two a day max.

### See what's really inside your food and drink



Download the FREE NHS Food Scanner app to see how much sugar, salt and saturated fat are in your favourite food and drinks, and to find healthier swaps.



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