



School Nurse Team
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Dear Parent/carer

Height and weight checks for children in 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 from September 2025.

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, so that the best possible advice and support can be provided for them and their families. Further information about the NCMP and healthy eating can be found on the Trust website – www.stockport.nhs.uk/ourservices/schoolnursingstockport

The measurements will be carried out by trained healthcare staff from Stockport Foundation Trust. The measurements will be done individually at school in a private room 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.

The data from all schools in the area will be gathered together and held securely by our local authority public health team. Please note that we may store your child's information on their health record and share it with their GP. No individual measurements will be given to school staff or other children, and all information will be treated confidentially.

The programme's data are used within the local authority and NHS to help plan the provision of services and advice to support healthy weight and lifestyles in the area. The information is also submitted for national analysis and publication in a way that means individual children cannot be identified.

After the measurements, we will send you your child's results and information on healthy eating and being active.



Opting your child out of the 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 to take part, or if you have any questions, please let us know using the contact details at the top of this letter. Children will not be made to take part if they do not want to.

Further information about how Stockport NHS Foundation Trust manages your personal data can be found on the Trust website – www.stockport.nhs.uk/dataprotection

Stockport School Nursing Service