

**Kensington and Chelsea and Westminster School Health Service  
Kensington and Chelsea Team**

2nd Floor, Nightingale House, St Charles Hospital  
Exmoor Street, London W10 6DZ  
Tel: 020 3317 4460

Email: [cnw-tr.kandcshs.cnwl@nhs.net](mailto:cnw-tr.kandcshs.cnwl@nhs.net)

08 January 2024

Dear Parent/Carers,

**Re: Measuring the height and weight of children in Reception and Year 6**

Each year in England, school children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme. We collect this information to understand how many children are overweight, healthy weight or underweight and offer support to parents/carers where required. Our school will take part in this year's programme and your child's class will be involved.

The measurements will be carried out by [Kensington and Chelsea and Westminster School Health Service - Kensington and Chelsea](#), in line with the school and local authority's safety control measures and national guidance for schools and healthcare. The staff members who visit your child's school have clear guidance on hand hygiene, cleaning the measurement equipment and the allocated measurement room(s) and areas where children wait. The School Health Service will consider use of Personal Protective Equipment (PPE) as appropriate. Your child will **not** be required to wear PPE during the measurement process.

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

The information we collect and what it is used for is listed below:

- your child's age, gender, and date of birth are used to calculate your child's weight category
- your child's name, date of birth and NHS Number are used to link your child's measurements from Reception and Year 6
- your child's ethnicity and address are used to help understand some of the reasons for the difference and changes in child weight across England
- your address is required to send you your child's feedback letter
- your telephone number is required, and we may also request your email address as we may contact you by email or telephone to discuss your child's feedback letter and offer you any further support

**How the data is used**

All the information collected about your child will be held securely by Kensington and Chelsea Council's Public Health team and the School Health Service and will be sent securely to NHS Digital. NHS Digital is responsible for collecting data and information about health and care so that this can be used to monitor and improve the care provided to people across England. If your child's weight appears to be **above** the healthy weight range for their age, the information collected about your child (with the exception of their NHS number) will also be shared confidentially with the Change4Life Service, the commissioned provider of health and wellbeing support services for families in Kensington and Chelsea.

The information collected about your child will also be shared securely by NHS Digital with the Office for Health Improvement and Disparities (OHID) which is part of the Department of Health and Social Care

(DHSC), but in a de-personalised form only. This means OHID *will not* be able to identify your child. Both NHS Digital and Office for Health Improvement and Disparities (OHID) will use the information from the National Child Measurement Programme to better understand numbers and trends in child weight and body mass index (BMI). No information will ever be published by NHS Digital or OHID that identifies your child.

De-personalised information from the National Child Measurement Programme may also be shared by NHS Digital with other organisations, such as universities. This is to help improve health, care and services through research and planning. This information cannot be used to identify your child, and NHS Digital only ever shares information for research with the approval of an independent group of experts.

### **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 please let us know by emailing [cnw-tr.kandcshs.cnwl@nhs.net](mailto:cnw-tr.kandcshs.cnwl@nhs.net) or phoning 020 3317 4460.

Measurements are conducted in a sensitive way, in private and away from other children. Children are measured fully clothed, except for their coats and shoes. Children will not be made to take part on the day if they do not want to.

Following the measurement, you will only be contacted if your child's weight appears to be above or below the normal weight range for their age. A letter will be sent to your home address, within eight weeks of your child being measured. We will include information and general advice on healthy eating and being active. Following that, a school nurse or a member of staff from the Change4Life Service will be in touch to discuss the support and services available in your area.

### **Further Information and resources:**

- Further information about the National Child Measurement Programme can be found on the [NHS website](#).
- Information about how NHS Digital and Public Health England collect and use information can be found on the [NHS Digital website](#) and via [GOV.UK](#).
- Information about the organisations NHS Digital has shared information from the National Child Measurement Programme can be found on the [NHS Digital website](#).
- Information and fun ideas to help your kids stay healthy can be found on the [Healthier Families - Home - NHS \(www.nhs.uk\)](#).
- Please find enclosed a leaflet with further information on the local Change4Life Service including free clubs available across the borough and throughout the year. Families can register for the clubs at any time by completing a short enquiry form. Further information can also be found on the [Family Action Change4Life service website](#).

If you have any queries, please contact Steven Bird, Interim School Health Service Lead at [steven.bird3@nhs.net](mailto:steven.bird3@nhs.net).

Yours sincerely,



Anna Raleigh  
Royal Borough of  
Kensington and Chelsea  
Director of Public Health



Sarah Newman  
Executive Director, Royal  
Borough of Kensington and  
Chelsea Children's Services



Steven Bird  
Kensington and Chelsea Team  
School Health  
Interim Clinical Service Lead