

Date: 14 September 2018

Dear Parent / Carer

 0151 934 3343 Public.Health@sefton.gov.uk

Measuring the height and weight of children in Reception and Year 6

It is important to have a good understanding of how children are growing, so that the best possible health advice and support can be provided for them and their families. Helping to achieve a healthy weight is both a national and local priority.

Children in England in Reception and Year 6 have their height and weight checked at school as part of the National Child Measurement Programme. Height and weight measurements are used to calculate weight status. We collect this information because it is in the public interest to understand how many children are overweight, healthy weight or underweight. Your child's class will take part in this year's programme.

The measurements will be supervised by trained health care professionals. Children are measured fully dressed, except for their coats and shoes and will be done in a private space away from other pupils.

The information collected includes your child's height and weight measurements together with their name, date of birth, gender, home address and postcode, home telephone number, NHS Number and ethnicity. This information about your child is needed because their age, gender, ethnicity and the place they live are known to affect their height and weight. Their name, date of birth and NHS Number is needed to link your child's measurements to other information about your child. All this information is treated confidentially and held securely. It will not be shared with your child's school or with other children.

These data will also be submitted for analysis and publication, in a way that means individual children cannot be directly identified. All information and results will be treated confidentially. Once your child has had their height and weight checked, your local NHS will contact you by telephone to discuss your child's results if further follow up is required. You will also be sent your child's results through the post.

Further details of how your child's information is used details of where to find more information about the programme can be found overleaf. A Change 4 Life/National Child Measurement Programme information sheet is also enclosed providing more information and tips on healthy eating and being active.

Opting your child out of the programme

If you are happy for your child to be weighed and measured, **you do not need to do anything**. If you do not want your child to take part, please let your school know by writing to or telephoning them. Children will not be made to take part if they do not want to.

Yours sincerely



Margaret Jones
Public Health Consultant

 sefton.gov.uk

Mike Mc Sorley
Head of Schools and Families

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Data Collection

The information collected from all schools in the area will be gathered together and held securely by North West Boroughs Healthcare NHS Foundation Trust on behalf of Sefton Council. No individual measurements will be given to school staff or other children, and all information will be treated confidentially.

All the information collected about your child will be sent by North West Boroughs Healthcare NHS Foundation Trust to NHS Digital. NHS Digital is responsible for collecting health and care information to check how the NHS and social care services are doing, and to use this to improve the care provided to people across England.

The information collected about your child will also be shared by NHS Digital with Public Health England but in a de-personalised form only. This means Public Health England will not be able to identify your child. Public Health England is responsible for working to protect and improve the nation's health.

Both NHS Digital and Public Health England will use the information from the National Child Measurement Programme to better understand numbers and trends in child weight and body mass index (BMI). This helps with the planning of services to support healthy lifestyles in your area. No information will ever be published by NHS Digital or Public Health England that identifies your child.

If your child was previously measured for the National Child Measurement Programme, NHS Digital may link your child's current and previous height and weight measurements. It may also link their measurements with other information it holds about your child such as their dental survey results or the reasons for any visits they may have made to hospital. Linking your child's information in this way helps better understand how and why the weight status of children is changing.

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.

If you would like to discuss the programme including how your child's information is used then please contact your school nurse.

Further Information

Further information about the National Child Measurement Programme can be found at <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>

[Information and fun ideas to help your kids stay healthy can be found at https://www.nhs.uk/change4life](https://www.nhs.uk/change4life)

Information about how Sefton Council and North West Boroughs Healthcare NHS Foundation Trust collect and use information can be found at: www.sefton.gov.uk/public-health and <http://www.nwbh.nhs.uk/data-protection>

Information about how NHS Digital and Public Health England collect and use information can be found at <https://digital.nhs.uk/about-nhs-digital/our-work/keeping-patient-data-safe/how-we-look-after-your-health-and-care-information> and <https://www.gov.uk/government/organisations/public-health-england/about/personal-information-charter>

Information about the organisations NHS Digital has shared information from the National Child Measurement Programme can be found at <https://digital.nhs.uk/services/national-child-measurement-programme>