

03/09/2026

Public Health Directorate
New Shire Hall
Emery Crescent, Enterprise Campus
Alconbury Weald, Huntingdon
PE28 4YE

Dear Parent/Carer,

Height and weight checks for children in Reception and Year 6

Each year in England, school children in Reception and Year 6 have their height and weight checked at school. This is called the National Child Measurement Programme (NCMP). Your child's class will take part in this year's programme.

The checks are carried out by registered school nurses or trained health and care providers. Children are measured fully clothes, except for their coats and shoes, in a private space away from other pupils.

Cambridgeshire County Council commission the organisation Everyone Health (www.everyonehealth.co.uk) to provide the National Child Measurement Programme locally.

Further information on the NCMP process can be found here:

- [National NCMP animation video](#)
- [Locally produced NCMP animation video and information page](#)
- [NHS NCMP information page](#)

Why do we need to measure children?

Children's height and weight measurements are collected to build an understanding of how children are growing. The information from the NCMP is used by local councils and the NHS to plan the provision of health and leisure services for families to promote healthier growth in children.

Following measurement, parents are sent their child's measurement data, because this can be useful information about their child's growth. It also provides an opportunity to offer support to parents where required.

What information is collected and why

Your child's height, weight, age, sex, and date of birth are collected to calculate their weight category (also known as child body mass index).

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.

Parental contact details (address and phone number) are collected to allow measurement feedback letters to be sent, and supportive follow up from our local healthy families service, where appropriate.

Please ensure that your personal information e.g. address is up to date with your child's school.

Information about how personal information and data is collected and stored

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 Cambridgeshire County Council and Everyone Health collect, store, and use your child's information at:

[Privacy Notice | Cambridgeshire County Council](#)

[Privacy Policy | Everyone Health](#)

How you can withdraw your child from participating in the NCMP

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, you can opt out by completing this form: <https://forms.cloud.microsoft/e/dZ7cd8i2Bd>

If you have any issues accessing or completing the form, please contact the NCMP team on 0333 005 0095 or at eh.ncmp@nhs.net

The deadline for opting out is Friday 25th September 2026.

Please note, if your child moves schools within this academic year, you will need to opt them out again at their new school.

Children will not be made to take part on the day if they do not want to. Please note that children must be able to stand on the scales unaided in order to take part in the NCMP. If your child has a medical condition that affects their height or weight, or their ability to stand on the scales unaided, and you are unsure about whether they should be included in the NCMP, please contact the NCMP team on 0333 005 0095 or at eh.ncmp@nhs.net

How a child's mental health and wellbeing is considered in the NCMP

The wellbeing of children and families is very important to the programme. Measurements are conducted in a sensitive way, in private and away from other children. Individual feedback is not shared with your child or their school.

Feedback of the weight and height information is shared only with you, through a parent feedback letter that is posted to your home address. It is your choice to share or not share the information with your child.

If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a school nurse or GP.

Further information, advice, and support

Cambridgeshire County Council commission a Healthy Families service. Further information about this service can be found on the local NCMP information page: [National Child Measurement Programme - Healthy Schools](#)

Please note, following your child's measurement feedback letter, you may be contacted directly by the Healthy Families service to offer you further information about your child's result as well as guidance and support. This contact could be via telephone call, text message, or letter. However, you will be given the option to opt out of being contacted within your measurement feedback letter should you wish to.

You may find the local [school nursing service webpage](#) useful, for information on topics such as [healthy eating](#) and [physical activity](#).

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](#).

If you are worried that your child is a selective eater, it is important to check that they are growing well and that they are eating foods from all the food groups to make sure they don't become deficient in vitamins and minerals. If they are particularly selective, they may benefit from taking a regular multivitamin and mineral supplement. You can find more information and support here: <https://www.cambspborochildrenshealth.nhs.uk/feeding-and-eating/fussy-eating/>

If you have any questions or would like any further information about the NCMP, please contact the NCMP Team on 0333 005 0095 or at eh.ncmp@nhs.net

If you would like to speak to someone about why we are commissioned to undertake the NCMP, please contact Imogen Gray at imogen.gray@cambridgeshire.gov.uk.

Yours faithfully,



Val Thomas
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Cambridgeshire County Council



Sarah Callaghan
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