NHS
Central London
Community Healthcare
NHS Trust

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6th November 2026

Dear parents/carers,

Height and weight checks for children in Reception and year 6

Thursday 12th November 2026

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). Height and weight measurements are used to calculate weight status. We collect this information to build a picture of how children are growing, to help plan better health and leisure services for families.

In most areas, parents receive their child's measurement data, because this can be useful information about their child's growth and provides an opportunity to offer support to parents where required. Your child's class will take part in this year's programme.

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

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

Maintaining the wellbeing of children in the NCMP

The wellbeing of children and families is very important. Measurements are conducted in a sensitive way, in private and away from other children. Research is ongoing to ensure this continues to be done in a supportive way.

Individual results are not shared with your child or their school. The weight and height information is shared only with you, via a parent feedback letter or telephone call. It is your choice to share or not share the information with your child.

London Borough of Ealing

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

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 name, date of birth and NHS Number are used to link your child's measurements in reception and year 6.

Other data sets held by NHS England and Department of Health and Social Care (DHSC) may also be linked to allow information from health and education records to be added, where lawful to do so. This helps understand how and why the weight of children is changing, and how this affects children's health and education and how the care children receive can be improved. These other data sets may include your child's health data relating to:

- their birth
- hospital care (including time in hospital and out-patient appointments and diagnosis of
- medical conditions)
- mental health
- social care
- primary care (including all healthcare outside of hospital, such as GP and dental
- appointments)
- public health (including data relating to preventing ill health, such as immunisation records)
- records for when and the reason why people pass away
- medical conditions, such as cancer and diabetes
- health, lifestyle and wellbeing surveys that your child has participated in

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.

Why we need your contact details

We need your address to send you your child's feedback letter. This will include your child's measurements together with information about healthy eating, being active and related activities available in your area.

We need your email address and phone number because we may:

- contact you by phone to discuss your child's feedback
- offer you further support following your child's height and weight measurement

How the data is used

All the data collected is also used for research and planning to improve health, care and services.

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

The information collected from all schools in the area will be gathered together and held securely by London Borough of Ealing. We will store your child's information as part of the local child health record on the NHS's child health information database and may share it with the child's GP.

We will send all the information collected about your child to NHS England. NHS England is responsible for collecting data and information about health and care so that it can be used to monitor and improve the care provided to people across England.

The information collected about your child will also be shared by NHS England with the Office for Health Improvement and Disparities (OHID) which is part of DHSC but in a de-personalised form only. This means OHID will not be able to identify your child.

Both NHS England and OHID will use the information from the NCMP to better understand numbers and trends in child weight and BMI. This helps to plan services to support healthy lifestyles in your area. No information will ever be published by NHS England or OHID that identifies your child. NHS England uses the data to produce National Child Measurement Programme statistics reports showing trends at national and local level.

De-personalised information from the NCMP may also be shared by NHS England 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. NHS England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.

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 measured, or your child has a medical condition that affects their height or weight, please let us know by registering on the School Screener Portal (see below) at least one week before the scheduled measurement date to ensure that we are able to exclude your child from being measured. Please also let us know if your child has a medical condition that affects their height or weight. Failure to notify us within the specified time may result in your child's measurement being taken on the day. Children will not be made to take part on the day if they do not want to.

School Screener

You will be able to access your children's feedback/results letter via School Screener - a secure online parent portal. School Screener is a fast, efficient way for us to communicate with you and is GDPR compliant, so both parent and child's personal data is safe, and will enable you to access your child's result letter or to withdraw your child from the NCMP

Please register via the following link:

https://eal007.schoolscreener.com/Portal/#/Ealing/g/2627NCMP

(If this link does not work on Internet Explorer, please try using another browser)

Contact Details

If you are unable to register on School Screener and would like to do so, please email clcht.ealingncmp@nhs.net with your child's name, date of birth and address.

If you have concerns that your child may be above a healthy weight for their age you can book onto ALFIE - Ealing's Free Healthy Families Programme. For more information or to book a place click here; scan the QR code or call 07909 000796

Further information

- For further information about the NCMP please use the following NHS webpage: The National Child Measurement Programme
- For information and fun ideas to help your kids stay healthy you can use the NHS Better Health website: Easy ways to eat well and move more.
- Alternatively 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. Healthy Steps - Step this way
- Information about how we London Borough of Ealing and CLCH NHS Trust collect and use information can be found at Information about how Ealing Council and Central London Community Healthcare NHS Trust collect and use information can be found at: Introduction | Privacy notice | Ealing Council and Privacy statement :: Central London Community Healthcare NHS Trust.
- You can find information about how NHS England and DHSC collect and use information at:
    - NHS England's How we look after your health and care information webpage
    - the DHSC Personal information charter webpage
- You can find information about the organisations NHS England has shared information from the NCMP at NHS England's National Child Measurement Programme webpage.

Yours faithfully

Anna Bryden
Director of Public Health
London Borough of Ealing

Jackie Allain
Director of Operations, Outer Northwest Division
Central London Community Healthcare NHS Trust