



Department  
of Health &  
Social Care



Dorset  
Council

**Public Health and Prevention**

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**Dear parent or carer**

## **Height and weight checks for children in Reception and Year 6 National Child Measurement Programme (NCMP)**

School children in England have their height and weight checked in reception and Year 6. These measurements are used to work out children's weight status. Registered school nurses or trained health care providers carry out the measurements in school. Children are measured fully clothed, except for their coats and shoes. Staff conduct measurements in a private space away from other children. Last year, around 9 in 10 children in Dorset took part in the measurements. Find out more about the programme on [The National Child Measurement Programme](#) NHS webpage, in this [NCMP process animation](#) and on pages 2 and 3.

Your child's class is due to take part in this year's programme. Staff will not share any measurements with your child, school staff, or other children. They will treat all measurements as private and store them securely.

### **What to do next:**

#### **1. I would like for my child to be measured**

You do not need to do anything.

#### **2. I want to be told my child's measurements**

Please see page 2, under Receiving your child's measurement feedback, for how to do this.

#### **3. I do not want my child to be measured (opt-out)**

Please tell your child's school as soon as possible if you do not want your child's height and weight to be measured, or if your child has a medical condition that means they can't take part.

Children will not be made to take part on the day if they do not want to.

Yours faithfully

**Sam Crowe**

**Director of Public Health and Prevention  
Dorset Council**

**Paul Dempsey**

**Executive Director of People – Children  
Dorset Council**

## Further information

You can find information and fun ideas to help your kids stay healthy on the NHS Better Health: healthier families webpage [Easy ways to eat well and move more](#).

Another way to help maintain a balanced diet and physical activity for your family is the NHS Healthy Steps email programme. 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. You can sign up to NHS [Healthy Steps - step this way](#).

Information about talking to your child about healthy weight is available at [Talking to your child about weight: a guide for parents and caregivers of children aged 4-11 years \(bath.ac.uk\)](#) and [Talking to your child about weight video](#).

Additionally, support and advice for **adult healthy lifestyle and behaviour change** can be found at [www.livewelldorset.co.uk](http://www.livewelldorset.co.uk)

## Receiving your child's measurement feedback

1. Register on the [School Screener Parent Portal](#)  
<https://dor002.schoolscreener.com/Portal/#/phd/g/PHD382>
  - a. Find your child's school in the drop-down menu
  - b. Follow the instructions on the page to create your unique Parent Portal account (you'll need an email address)
  - c. Check your email inbox to create a password
  - d. Keep your username and password safe and secure for future login

See [how to register](#) for further support  
<https://www.youtube.com/watch?v=4F3cL0IQ4G8>

2. If you don't want to register for an account or don't have an email address, please contact the Children and Young People Public Health Service on 01929 557558 or at [dhc.snadmin.hub@nhs.net](mailto:dhc.snadmin.hub@nhs.net) to receive your feedback another way

If you would like to talk about your child's growth, weight, body image, or eating patterns (whether they take part or not), please contact the [Children and Young People Public Health Service \(CYPPHS\)](#) by phone on 01929 557558, by email at [dhc.snadmin.hub@nhs.net](mailto:dhc.snadmin.hub@nhs.net), via [ParentLine](#), or speak to your GP.

## 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.

## 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

The information collected for the local programme will be held securely by our Children and Young People Public Health Service (CYPPHS) providers, Dorset HealthCare (DHC). Your child's information will be stored as part of the local child health record on the NHS's child health information database. For more information see [DHC Privacy Notice](#)