

Homerton Healthcare NHS Foundation Trust

School-Based Health Service

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London, N1 5RA

Tel: 0207 683 4991

Email: huh-tr.schoolnursescentralcontact@nhs.net

Website: <https://www.homerton.nhs.uk/school-nursing-service>

September 2026

PRIVATE & CONFIDENTIAL

Dear Parent/Carer,

Re: Height and weight checks for children in Reception and Year 6

As part of the **National Child Measurement Programme (NCMP)**, your child in reception or year 6 will have their height and weight checked at school. This is a standard annual health check for children across England.

The Measurement Process

The measurements are taken sensitively and in a private space, away from other pupils, by the School Based Health Service (SBHS) team. Children are measured fully clothed, except for their coats and shoes. The individual results are not shared with your child or the school. Only you, the parent or carer, will receive the results via a feedback letter.

You can watch the [NCMP process animation](#) for a simple guide to what the process involves and how your child's data is collected.

Why do we need to measure children?

The information is collected to help us understand how children are growing across the country. This data is used by local councils and the NHS to **develop local healthy weight plans** that promote healthier growth for families in the community.

Further information about the National Child Weight Measurement Programme, including advice on how to keep your family healthy and happy, is enclosed in this leaflet [2023.11.22_DHSC_Measuring_Leaflet_V11.1_NEW_Digital_v3.pdf](#)

Your Choices: opting out or receiving results

- 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 measured¹, you must opt out using the parent portal letter by **2nd October 2026**.

Important note: To see your child's results or to opt out, you must register on the Parent Portal. For instructions on how to do this, please see the [Parent Portal and Opt-Out Letter](#).

Your Child's Well-being

The well-being of your family is very important. Your child's individual results are only shared with you. It is your choice whether or not to discuss the information with your child. If you do, a guide has been developed with helpful tips for a positive conversation: [Talking to your child about their weight](#).

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

How to contact the SBHS

If you have any questions for the School Based Health Service about your child's health, you can contact a school nurse by calling the duty line during office hours (Monday to Friday, 9 am-5 pm). You can reach the team on 020 7683 4991 or email huh-tr.SchoolNursesCentralContact@nhs.net

You can also find out more information about the NCMP process and access further help and support on the SBHS NCMP webpage under [Health assessment](#)

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.

¹ including if your child has a medical condition that affects their height and weight,

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.

In City and Hackney, your child's results may be shared with a GP or health and care professional who can promote and assist the improvement of your child's health.

Further details about how personal data and information are collected and stored can be found in [Appendix 1](#)

Further information

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](#).

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 for NHS [Healthy Steps - Step this way](#).

You can find further information about the NCMP at the [National Child Measurement Programme](#) NHS webpage.

Yours faithfully



Marta Thlon
Senior Nurse – School Nursing
and Looked After Children
Homerton Healthcare NHS
Foundation Trust

Yours faithfully,



Carolyn Sharpe
Consultant in Public Health
London Borough of Hackney & City of
London Corporation

Appendix 1

Information about how personal information and data are 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 the London Borough of Hackney collects, stores and uses your child's information and data at <https://hackney.gov.uk/privacy>

Information about how the Homerton Healthcare NHS Foundation Trust collect and uses information can be found at [Privacy Notice \(your health records\) | Homerton Healthcare NHS Foundation Trust](#).