

School: Bowerham Primary School – Reception classes

Date of Measurement: Wednesday 14th January 2026

Height and weight measurements for children in Reception and Year 6

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). The checks are carried out by trained Healthy Family Support Workers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. This will be managed safely and in line with the school and local authority's safety control measures.

You can watch the [NCMP process animation](https://www.youtube.com/watch?v=7W771420z9g). <https://www.youtube.com/watch?v=7W771420z9g> The animation explains the process of the NCMP and why it is important. It will guide you through what it involves, how your child's data is collected and processed and what it will be used for. 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.

Individual results are not shared with your child or their school. The height and weight information is only shared with you in the parent/carers feedback letter. You will not receive a letter if your child falls within a healthy weight range unless requested.

Below is a list of the information collected and what it is used for:

What we record	Why do we collect this?
Your Child's height, weight, date of measurement, sex and date of birth of your child	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	To link your child's measurements in both Reception and Year 6
Your child's ethnicity	To help understand some of the reasons for the difference in child weight across England
Your child's address	To send you your child's feedback letter
Your telephone number	So, your 0-19 Universal School Health Team is able to contact you to discuss your child's results and offer support if needed.

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](https://www.gov.uk/government/publications/national-child-measurement-programme-privacy-notice).

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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](https://digital.nhs.uk/data-and-information/keeping-data-safe-and-benefitting-the-public/gdpr/gdpr-register/national-child-measurement-programme-ncmp-gdpr-information). <https://digital.nhs.uk/data-and-information/keeping-data-safe-and-benefitting-the-public/gdpr/gdpr-register/national-child-measurement-programme-ncmp-gdpr-information>

[At the NHS England National Child Measurement Programme webpage](https://digital.nhs.uk/services/national-child-measurement-programme)

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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 Lancashire County Council and HCRG Care collects, stores and uses your child's information at <https://www.hrcrgcaregroup.com/privacy-and-cookies-policy/>

Withdrawing your child from the National Child Measurement Programme

If you are happy for your child to be measured, no action is required. If your child is absent on the scheduled measurement date, the measurement may take place at a later date. 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 contact us 48hours prior to the day of measurement.**



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](#) webpage or scan the QR code above.

Yours faithfully

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