EAST RIDING OF YORKSHIRE COUNCIL

NHS Humber Teaching NHS Foundation Trust

Humber Teaching NHS Foundation Trust
Integrated Specialist Public Health Nursing Service

05 October 2025

Dear Parent/Carer,

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). Your child's class will take part in this year's programme.

As part of East Riding's commitment to a compassionate approach to weight, the results letter sent to you will include your child's height and weight, but not their Body Mass Index (BMI) as you might have seen before. We recognise that children's bodies change and grow at different stages, and our focus is on supporting their overall wellbeing by encouraging lifelong healthy habits rather than focusing on body image.

The checks are carried out by staff from our **Integrated Specialist Public Health Nursing Service (ISPHNS)** - part of Humber Teaching NHS Foundation Trust. Children will be 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. Individual results are not shared with your child or school. The weight and height information is shared only with you in a parent/carer feedback letter. It is your choice if you share the information with your child. Research on the emotional impact of the NCMP shows that body image, self-esteem, weight-related teasing and restrictive eating behaviours do not change as a result of being measured or receiving this feedback.

If you are happy for your child to be measured, you do not need to do anything.

Withdrawing your child from the National Child Measurement Programme

If you **do not** want your child's height and weight to be checked, or your child has a medical condition that affects their height or weight or their ability to stand independently for recording of height and weight, please let us know by emailing the team: **Hnf-tr.ncmp@nhs.net** by **Friday, 17th October 2025.**

If you informed us that you did not want your child to participate in a previous NCMP year, you will need to make that request again, whether it is for the same child or a different one. Please be assured, children will not be made to take part on the day if they do not want to.

Yours faithfully,

Andy Kingdom
Director of Public Health
East Riding of Yorkshire Council

Merlin Joseph
Executive Director of Children, Families and Schools
East Riding of Yorkshire Council

Helpful information

If you are worried about the health and wellbeing of your child, consider these questions:

- Do they eat a balanced diet containing fruit and vegetables?
- Are they active for at least one hour day (in total)?
- Are you worried about their weight? This could be underweight or overweight.
- Are they getting enough sleep?
- Are you worried about how much time they spend on their phone, gaming or other screens?

If you are worried about any of the above, support is available.

Scan the QR code below or head to: **eryc.link/NCMP** to find trusted services that can help.

NHS Humber Teaching NHS Foundation Trust

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Young Healthy Minds in East Riding

healthier LEISURE
ACCESS FRIENDLY FACILITIES ACROSS THE EAST RIDING



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.

Scan the QR code above or visit: **eryc.link/NCMP** to read more about how the Department of Health and Social Care, NHS England and ISPHNS collects, stores and uses your child's information and data in the National Child Measurement Programme (NCMP).