



OXFORDSHIRE  
COUNTY COUNCIL



## 0-19 Children and Young People Public Health Service

Dear Parent/Carer,

### **Height and weight checks for children in reception and year 6 – Thursday 12<sup>th</sup> February 2026**

Every year in England, school children in reception and year 6 have their height and weight checked at school. This is called the National Child Measurement Programme (NCMP). The checks are carried out by registered school nurses or trained health care providers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

#### **Why do we need to measure children?**

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.

In most areas, parents receive their child's measurement data, because this can be useful information about their child's growth. It also provides an opportunity to offer support to parents where required.

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

#### **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

You can read more about how Oxford Health NHS Foundation Trust collects, stores and uses your child's information at and use information can be found at [www.oxfordhealth.nhs.uk/privacy/](http://www.oxfordhealth.nhs.uk/privacy/).

If your child's measurements fall outside the healthy range, we may inform your GP.

If your child is above the healthy measurement range, Oxfordshire County Council is dedicated to making our communities healthier for everyone and have partnered with Maximus to deliver their popular Beezee in Oxfordshire, healthy lifestyle programmes. As part of this collaboration and under public interest, if your child is above the healthy measurement range, we share their NCMP data with Maximus. This data allows the Maximus NCMP Coordinators to identify and contact families who may benefit from joining the Beezee programmes. All personal information collected will be kept safe and is protected by law. For further information on the use of personal data by Maximus, please refer to <https://www.maximusuk.co.uk/privacy-policy>

### **How you can withdraw your child from participating in the NCMP**

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 using the contact details provided below.

### **Your contact from the school health nurse team is:**

Gemma McCarthy                      Contact Number: 07717 701032

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

### **How is a child's mental health and wellbeing considered in the NCMP**

The wellbeing of children and families is very important to the programme. Measurements are conducted in a sensitive way, in private and away from other children. Individual feedback is not shared with your child or their school, it is your choice to share or not share the information with your child.


### **School Screener Portal– how to access your child's measurements**

The weight and height information is shared only with you, through a parent/carer feedback letter accessible through our parent portal School Screener.

**To access your child's screening results, please create an account for School Screener by clicking the link below:**

 [School Screener - Create an account](#)

This is the **only way** you will receive your child's screening information.

 A helpful video is available on the site to guide you through the account creation process.

Or click on the link to watch the video now <https://youtu.be/4F3cL0IQ4G8>

Please note if you have already created an account, you can log in with your previous details and add a child to your account [How do I add another child?](#)

If you need further assistance or have any questions. Please email [schoolscreeningteam@oxfordhealth.nhs.uk](mailto:schoolscreeningteam@oxfordhealth.nhs.uk)

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

### **Maximus – Beezee healthy lifestyle programme**

More information about healthy lifestyle programmes can be found here: <https://oxf.maximusuk.co.uk/>

### **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 to NHS [Healthy Steps - step this way.](#)

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

Yours faithfully,

**Dr Ansaf Azhar**  
Director of Public Health  
Oxfordshire County Council

**Chad Zuriekat**  
Service Director  
Primary, Community and Dental Services  
Oxford Health NHS Foundation Trust

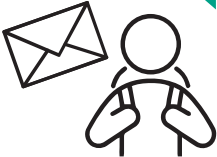


**ChatHealth/ParentLine – is a confidential School Health Nursing messaging service for parents & carers of children aged 5-11 years, please text us if you have any health concerns regarding your child. Messages will be answered within one working day, Monday - Friday 9-5pm, excluding Bank holidays. Text: 07312 263227 to message a school health nurse.**

# School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme

## PARENTS ARE NOTIFIED



Parents receive a letter about measurement day at their child's school. The letter tells parents how children are measured, what data is collected, and why.

## SCHOOL HEIGHT & WEIGHT CHECKS



Measurements are carried out by trained staff e.g. school nurse assistant. Children take off their coat and shoes for a more accurate measurement.

## PARENTS' FEEDBACK LETTER



Most areas send parents a confidential letter about their child's weight status within 6 weeks of measurement.

## PARENTS' ACTION

A parent can speak to their school nurse or GP for further advice and support about their child's weight and growth.



Parents can visit the [children's weight](#) page at Better Health - Families for tips on healthier changes.

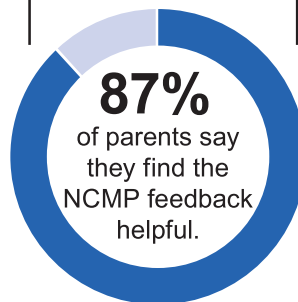
Parents can monitor their child's weight by visiting the [NHS healthy weight calculator](#).

## DATA USE

The data is held by the local authority and sent to NHS England and Department of Health and Social Care, where it is stored securely and used for analysis. It builds a picture of how children are growing to help plan better health and leisure services for families.



Every year in England, over a million children in Reception (aged 4-5) and Year 6 (aged 10-11) have their height and weight measured to calculate their weight status.



## What we know from the data collected so far

- Most children in Reception and Year 6 are a healthy weight.
- Around one in ten children in Reception is very overweight. This doubles to one in five children by year 6.
- The number of very overweight children in Year 6 is increasing year on year
- Most children who are overweight in Reception will remain so or become even more overweight for their age by year 6 without action to achieve a healthier weight.

Because many children are overweight, we are all becoming used to seeing heavier children as the norm. It means we cannot always tell when a child is overweight. That is why many parents find it helpful to have an objective measurement of how their child is growing. More than 8 in 10 parents say this information is helpful and they can then make decisions about their child's lifestyle and wellbeing to make changes, or seek support if necessary.

## Why achieving a healthy growth is important

When children are a healthy weight, they feel better about themselves. They find it easier to play and learn. And they are more likely to grow up healthy too. Helping them to be a healthier weight when they are a child can set up their health and wellbeing for life.

You can encourage the whole family to enjoy eating healthily and being active which will help your child achieve and maintain a healthier weight. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.

For more information on helping your family lead a healthy life, please turn over.



Department of Health & Social Care

© Crown copyright 2022

Department of Health and Social Care

This publication is licensed under the terms of the Open Government Licence v3.0 except where otherwise stated. To view this licence, visit [nationalarchives.gov.uk/doc/open-government-licence/version/3](http://nationalarchives.gov.uk/doc/open-government-licence/version/3) Where we have identified any third party copyright information you will need to obtain permission from the copyright holders concerned.

# Better Health Families is here to help your family be healthy and happy

## Sign up for NHS Healthy Steps emails

**Better Health**

**Let's do this**

Sign up for 8 weeks of Healthy Steps emails to help your family make small changes to make a big difference. We'll send you lots of budget-conscious, simple family recipes, fun games and healthy swaps!

Visit [healthysteps.uk](http://healthysteps.uk) or scan the QR code to get started!



## Be Sugar Smart

Kids are having over double the amount of sugar than they should. Too much sugar is bad for teeth and can lead to weight gain. But don't worry, we have some simple swaps to help you be sugar smart and cut back.



Sugary drinks are bad for teeth and lead to decay. Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks. Limit fruit juice to no more than 150ml a day and stick to meal times.



Eating breakfast every day is important, but some breakfast choices have much more sugar than you think. Opt for plain porridge, shredded wholegrain or plain wholewheat biscuit cereals. Help your kids towards their 5 a Day by adding in chopped fruit.



Sugary snacks can all add up! Fruit and vegetables are always the best snack. But when choosing packaged snacks, stick to two a day max.

## See what's really inside your food and drink



Download the FREE NHS Food Scanner app to see how much sugar, salt and saturated fat are in your favourite food and drinks, and to find healthier swaps.

