

Height and Weight Measurements at School in 2026

Dear parent/carer,

What is happening?

In England children have their height and weight checked in reception and year 6.

This is called the **National Child Measurement Programme (NCMP)**.

How does it work?

- A trained health worker will measure your child
- Your child keeps their clothes on (but takes off coat and shoes)
- It happens in a private space, away from other children in a sensitive manner
- You can watch the [NCMP process animation](#) here for more information
- No measurement information is shared with your child or school
- Your child will not be forced to take part if they don't want to

Why do we measure children?

The measurements help us understand how children are growing. The information is used to:

- plan services that support the health and wellbeing of families in Nottingham
- promote healthier growth in children
- give an opportunity to offer support to parents if needed

What information is collected?

- Height and weight
- Date of birth
- Gender
- Ethnicity
- Address
- Name and NHS number

Why do we need this information?

This helps us:

- work out if your child is growing at the expected rate
- monitor differences between ethnic groups and areas people live
- link information from when your child was in reception and year 6

Information about how personal information and data is collected and stored:

- [National Child Measurement Programme privacy notice.](#)
- [National Child Measurement Programme \(NCMP\): GDPR information.](#)
- [Accessing your health records :: Nottingham City Care](#)
- <https://nottinghamcity.gov.uk/privacy-statement>

Do you need to do anything?

- **If you're happy for your child to be measured:** You don't need to do anything.
- **If you don't want your child to be measured:** Tell your school as soon as possible.
- If your child has a medical condition that affects their height or weight please let school know.

What happens afterwards?

- **If your child is within the expected range:** We will not contact you.
- **If your child is not within the expected range:** We will send you a letter with helpful information about healthy eating and moving and we will share the information with Thriving Nottingham who will contact you about their free healthy lifestyle and activity programmes.
- **The results are:**
 - Sent to you (not to your child or the school)
 - Private and you choose if you want to share them with your child

Need help or worried?

If you're concerned about your child's:

- Growth, weight, body image, eating patterns

Contact:

- Your GP
- Children's Health Advice Hub: **0300 300 0040** (Monday to Friday, 8:30am - 5pm)

Free help for healthy families

- **NHS Better Health:** [Easy ways to eat well and move more](#).
- **NHS Healthy Steps:** [Healthy Steps - step this way](#). Free 8-week email programme with, easy tips, fun games, healthy food swaps, budget-friendly recipes
- **Thriving Nottingham:** www.thrivingnottingham.org.uk Free healthy lifestyle programmes for families

For more information

- Visit the [The National Child Measurement Programme](#) webpage for more details.

Thank you for your support.

Yours sincerely,



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