

## 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](http://www.thrivingnottingham.org.uk) Free healthy lifestyle programmes for families

## For more information

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

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**Thank you for your support.**

Yours sincerely,



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Nottingham City Council



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