



South Tyneside Council

South Tyneside Council

South Shields Town Hall

Westoe Road

NE33 2RL

Height and weight checks for children in Year 1 and Year 7

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. Height and weight measurements are used to calculate weight status. We collect this information because it is in the public interest to understand how many children are overweight, healthy weight or underweight. Your child's primary school took part in the programme last year.

The National Child Measurement Programme is taking part in a research project run by Newcastle University called MapMe, and so will additionally be measuring children who are now in Year 1 and Year 7 (those who were in Reception and Year 6 last school year).

The MapMe project aims to support parental knowledge and awareness of child weight status and look at how child weight status changes over time. We will share de-personalised data with the project team, including your child's date of birth, date of measurement, age, sex, height, weight, weight category, ethnicity and publicly available information about the wider postcode that you live in, for research use. If you would like more information on the MapMe project, or if you do not wish for your child's de-personalised information to be made available to the MapMe research project, please let us know using the contact details below:

Meg Logan

Research Operations Officer

South Tyneside Council

0191 424 6573

Meg.Logan@southtyneside.gov.uk

Maintaining the well-being of children in the NCMP

The wellbeing of children and families is very important. Measurements are conducted in a sensitive way, in private and away from other children. Individual results are not shared with your child or their school. The weight and height information is shared only with you in the parent or carer feedback letter. **It is your choice if you share the information with your child.** If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a school nurse or General Practitioner.

The emotional impact of the NCMP has been researched and studies show that body image, self-esteem, weight-related teasing and restrictive eating behaviours do not change as a result of being measured or receiving feedback.

A feedback letter will be sent to you with your child's results. Full study results will also be published on the MapMe study website at the end of the project in 2024.

The checks are carried out by trained health care providers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

The information we collect and what it is used for is listed below:

- your child's date of measurement, sex and date of birth are used to calculate your child's weight category
- your child's name, date of birth and NHS Number are used to link your child's measurements in Reception and Year 6. Other data sets may also be linked such as your child's dental survey results or any visits to hospital they may have had. Linking your child's information in this way helps us to understand how and why the weight status of children is changing, and how this affects children's health
- your child's ethnicity and address are used to help understand some of the reasons for the difference and changes in child weight across England
- your address is required to send you your child's feedback letter. This will include your child's measurements together with information about healthy eating, being active and related activities available in your area.

All the data collected is also used for improving health, care and services through research and planning.

All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.

How the data is used

The information collected from all schools in the area will be gathered together and held securely by South Tyneside Council. We will store your child's information as part of their local child health record on the NHS's child health information database and share it with their GP. We will share de-personalised data with the study team at Newcastle University.

Withdrawing your child from the Year 1 and Year 7 height and weight checks

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 checked, or your child has a medical condition that affects their height or weight please let us know using the contact details provided above.

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

Further information

Further information about the National Child Measurement Programme can be found at <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>

Information and fun ideas to help your kids stay healthy can be found at <https://www.nhs.uk/change4life>

Information about how South Tyneside Council collect and use information can be found at <https://www.southtyneside.gov.uk/article/1650/Privacy-notice>

Information about how NHS Digital and Public Health England collect and use information can be found at <https://digital.nhs.uk/about-nhs-digital/our-work/keeping-patient-data-safe/how-we-look-after-your-health-and-care-information> and <https://www.gov.uk/government/organisations/public-health-england/about/personal-information-charter>

Information about the organisations NHS Digital has shared information from the National Child Measurement Programme can be found at <https://digital.nhs.uk/services/national-child-measurement-programme>

Yours faithfully,

A handwritten signature in black ink, appearing to read 'Tom Hall', with a horizontal line above the name and several diagonal strokes crossing it.

Tom Hall
Director of Public Health
South Tyneside Council

A handwritten signature in black ink, appearing to read 'Beverley Scanlon', written in a cursive style.

Beverley Scanlon
Head of learning and Early Help
South Tyneside Council