

Edward Jenner Court  
1010 Pioneer Avenue  
Gloucester Business Park  
Brockworth, Gloucester  
GL3 4AW  
[NCMP@ghc.nhs.uk](mailto:NCMP@ghc.nhs.uk)

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Dear Parent or Carer,

### **Measuring the growth and development of children**

Each 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). Height and weight measurements are used to better understand the growth and development of your child. We collect this information because it is in the interest of public health to understand how children are growing and developing for their age, sex and height.

Your Head Teacher has agreed that your child's school will be participating in the NCMP, you can contact your school to find out when we will be visiting. If a high volume of children are absent on the date of our visit, we may need to make another unplanned visit so please complete the [opt out form \(here\)](#) if you do not wish for your child to be included in the NCMP.

Please note, children will not be made to take part on the day if they do not want to.

The checks are carried out by our friendly and trained team of School and Community Health Facilitators, who are part of the School Nursing Service. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. The results will not be visible to your child.

## **Personal and confidential data about your child**

The information collected from all schools in the area will be gathered and held securely by Gloucestershire Health and Care NHS Foundation Trust (GHC). We will store your child's information as part of their local child health record on the NHS Child Health Information Database. It will not be shared with the child's school or with other children.

As part of the NCMP, we may share your phone number with [Maximus](#), who deliver Healthier Lifestyle Programmes for children, young people and families in Gloucestershire. If your phone number is shared, a member of the friendly team may be in touch to let you know the offers available in your local area.

To understand more about the data we collect, how we use and protect it, please read [Gloucestershire's NCMP Privacy Notice](#) and the [Department of Health and Social Care \(DHSC\) NCMP Privacy Notice](#).

## **Withdrawing your child from the Programme**

You do not need to do anything if you are happy for your child to:

- be weighed and measured,
- and for your phone number to be shared with Maximus.

If you do not want your child to take part in the NCMP, please complete the [online opt out form \(here\)](#). If you feel comfortable, please tell us the reason why you would prefer your child to not participate in the NCMP.

## **NCMP - receiving your child's measurement results**

You will receive a letter offering free healthy lifestyle support for your child(ren) and family if your child's results fall above or below the ideal healthy weight for their age, sex and height. The letter will also include further information on the NCMP process.

If your child's results are as expected for their age, sex and height but you would still like to see their measurements, please complete the [online results form \(here\)](#).

### **Transition to secondary school**

Throughout year 6, your child's school will be supporting them to make the next big step – moving to secondary school. Whilst for many children this is an exciting time and they will have the usual nerves and apprehension, some children will struggle to settle when they get there. The School Nursing Team are here to help. All secondary schools host a drop-in where your child can visit the School Nurse confidentially and without an appointment. They can talk about any health worries they might have, and the School Nurse will offer ways to help them cope.

Your child also has access to a free text service (ChatHealth) where they can chat with our School Nursing team for support and advice on relationships, bullying, healthy lifestyle, anxiety, or any other health issue they may be worrying about once they reach the age of 11 years. This allows your child to reach out for help without meeting face to face. The texting service is available 9-4.30pm (Mon-Fri) except bank holidays. For more information about the drop-ins at your child's secondary school or ChatHealth, please see our [School Nursing website](#).

We are always keen to understand what matters to you, so if you would like to get in touch, please phone **0300 421 8225**. Please leave a message clearly stating your child's name, date of birth, address, school they currently attend and your contact telephone number, followed by how we might be able to help.

Yours faithfully,



**Bridget Davies (Operational and Professional Head of School Nursing)**

*This letter is also available in other languages. Please call 0300 421 8225 to enquire.*

## Further information

All information about the NCMP, how we securely handle your data and free resources to support the health and wellbeing of your family can be found using the QR code below and the following link: <https://www.ghc.nhs.uk/our-teams-and-services/children-and-young-people/physical-health/school-nursing/screening/>



**National Child Measurement  
Programme (NCMP) and  
Vision Screening**