Growing Healthy Sunderland 0-19 Service
Unit 7 Camberwell Way
Sunderland
SR3 3XN
SPOC: 03000 031 552
Email: spoc.hdftsunderland@nhs.net

Dear Parent / Carer,

You are receiving this information as your child is in Reception or is in Year 6 at primary school.

Growing Healthy Sunderland 0-19 Public Health Service, offer health screening to all school aged children. The programme for the **2026/2027** school year is:

Reception	**Year 6**
National Child Measurement Programme (NCMP)	National Child Measurement Programme (NCMP)
Hearing Screening – you will be contacted at a future date regarding hearing screening.	

Height and weight checks for children in Reception and Year 6 2026/2027

Each year in England, school children in Reception and Year 6 have their height and weight checked at school as part of the NCMP, carried out by trained staff. Data from the NCMP shows national and local trends in children's growth over time. It is important that we understand this, so that advice and information can be given to support children and their families. Collecting this data also helps us to plan better health and leisure services within local communities. All information is treated confidentially, anonymously and accessible only to authorised staff (see further information below).

Your child's class will take part in this year's programme. 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 by contacting us on 03000031552 or emailing spoc.hdftsunderland@nhs.net **within 2 weeks**. Children will not be made to take part on the day if they do not want to.

If your child is outside the healthy weight range, you will receive a letter that includes information and access to support about maintaining a healthy weight. We may contact you by phone to discuss their results and can offer you advice and support. If your child is growing as expected, you will not receive a letter. However, if you would like to receive your child's measurements, please contact us.

If you have a **concern** about your child's growth, and would like some support from Growing Healthy Sunderland, you can let us know by contacting us and a school nurse will contact you to offer support.

You can also get information from Children's Health Services, which is an NHS app for Growing Healthy Sunderland, with information to support the health and development of your child. The app has a RECITE ME function to change the content so it works best for you. This includes over 60 languages, a screen reader and making changes to the font size.

The health chat feature is open 9am-5pm Monday to Friday for any concerns or questions you may have.

The app can be downloaded using these QR codes 	Please find more information detailing support we offer children, young people and families throughout their school years on the following link. https://www.hdft.nhs.uk/services/childrens-services/growing-healthy-sunderland/ You can access information about the NCMP and ways to help your children stay healthy. You can also watch the NCMP process animation, which explains why it is important. It will guide you through what it involves, how your child's data is collected and processed and what it will be used for.	For further information about the National Child Measurement Programme https://www.nhs.uk/live-well/healthy-weight/childrens-weight/national-child-measurement-programme/

Yours thankfully,

Gerry Taylor
Director of Public Health

Kaye Swinney
Head of Public Health Nursing and Operations for 0-19 Sunderland

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 Harrogate and District Foundation Trust collects, stores and uses your child's information at Privacy Notice