Public Health

1st Floor Annexe
County Hall
Topsham Road
Exeter
EX2 4QL
(01392) 386382
November 2026

Dear Parent/Carer,

Weighing and Measuring Reception and Year 6 Children in your school

Every year, Reception and Year 6 children are weighed and measured in school as part of the National Child Measurement Programme (NCMP). This helps us understand children's growth over time and helps with planning support for children and families. Devon County Council's School Nursing team will be visiting your school to weigh and measure pupils between January and July 2027.

What to do now

- **If you don't want your child to take part, complete the opt out form by Friday 18 December** (if the form is completed after this date, it is possible your child will be measured)
- If you are happy for your child to be weighed and measured, you don't need to do anything
- Children don't have to take part if they don't want to however, as they can tell the teacher or nurse beforehand confidentially
- Please ensure the school has your correct address and phone number as we may contact you using this information

How the programme works

- Children are measured fully clothed (apart from their coat and shoes)
- Children will not see or be told their measurements, and they are not shared with their school
- Pupils from the same class are usually measured at the same time in a suitable room within the school. Measurements are taken sensitively to one side of the room to help ensure privacy, and the measurement results will not be visible to your child or other pupils
- Your child's name, height, weight, age, sex and date of birth are used to calculate your child's weight category. Your child's ethnicity and address are collected to monitor differences in child growth and weight between ethnic groups, where children live and 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 of Education, where it is legal to do so. Public Health does not carry out any linking of data.

What happens with this information?

Information about how Devon County Council collects, stores and uses your child's information is in our privacy notice.

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.

Information on how NHS England collects, stores and uses your child's information and data is here National Child Measurement Programme (NCMP): GDPR information. At the NHS England National Child Measurement Programme webpage you can read about taking part in the programme, how your data is collected and how your data is used.

What happens after the measurements?

The School Nurse team may contact you if your child's measurements suggest that a conversation may be helpful. We believe it is important to share this information with you because you know your child best. It also provides an opportunity for you to tell us how your child is progressing and to discuss any questions, concerns or support that may benefit your child's health and wellbeing.

If you would like further help

If you would like support or advice about your child's health and wellbeing, please contact your School Nurse. Contact details are on the Devon County Council website or our Health for Kids website. If you have any comments or complaints on the service provided, please contact your local school nursing team. For any other information about the NCMP, please call 01392 386382.

Thank you for your co-operation and help,

Best wishes



Steve Brown
Director of Public Health and Communities
Devon County Council

Further resources and information:

Health for Kids – health information and advice for parents on helping support their primary aged children

Children's weight - Healthier Families - NHS (www.nhs.uk) resources including recipes and activities with healthy bodies and healthy minds

Healthier Families - Home - NHS Easy ways to eat well and move more

NHS Healthy Steps email programme – sign up to an 8-week email plan to receive tips and ideas for fun games, healthy swaps and tasty recipes on a budget

Be Body Positive - Support for Young People, Parents, Carers & Professionals

The Eatwell Guide - government recommendations on eating healthily and achieving a balanced diet

Physical activity recommendations on activity levels for 5 to 18-year-olds

Children's mental health - Every Mind Matters - NHS (www.nhs.uk) information to support children's emotional health and wellbeing