

Your Growing Healthy Team are here for all children and young people, providing support, encouraging healthy lifestyles and protecting those who are most vulnerable.

Sunderland City Council
City Hall
Plater Way
Sunderland
SR1 3AA

Dear Parent / Carer,

You are receiving this information as your child has started school in the **reception year** or is in **year 6**.

The 0-19 Public Health Service, **Growing Healthy Sunderland**, managed by Harrogate and District NHS Foundation Trust, offer health screening to all school aged children, which includes:

Health screening Reception

- Health Questionnaire for parent / guardian to complete
- National Child Measurement Programme
- Hearing Screening

Health screening Year 6

- Health Questionnaire for parent / guardian to complete
- National Child Measurement Programme
- Health Questionnaire for year 6 pupil to complete

We will send you links to the relevant questionnaires via the contact number or email address you gave us during your child's pre-school assessment or by letter. You may have already received this.

If you do not wish your child to take part in any aspect of the screening offered, please contact Growing Healthy Sunderland on 03000 031 552 or by email to spoc.hdftsunderland@nhs.net.

We will contact you at a future date to give you more information regarding **hearing screening**.

In respect of **NCMP**, please see the additional information below.

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/>

If you would like some support from Growing Healthy Sunderland, you can let us know this via the school questionnaire or by contacting the service at our email address spoc.hdftsunderland@nhs.net or by telephoning 03000 031 552.

You can also access information regarding fun ideas to help your children stay healthy at:
<https://www.nhs.uk/healthier-families/about-and-contact/>



<https://www.facebook.com/GrowingHealthySunderland/>



@HarrogateNHSFT



HarrogateDistrictNHS



www.hdft.nhs.uk

Height and weight checks for children in Reception and Year 6

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 (NCMP). 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 class will take part in this year's programme.

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 programme will be delivered in a COVID-safe way, in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

Maintaining the well-being of children in the NCMP 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.

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 held by NHS Digital and Department of Health and Social Care may also be linked as this would let us add information from health and education records, where lawful to do so, to understand how and why the weight of children is changing, and how this affects children's health and education and how we can improve the care children receive. This includes your child's health data relating to:
 - o their birth, hospital care (including time in hospital and out-patient appointments and diagnosis of medical conditions)
 - o mental health
 - o social care
 - o primary care - includes all healthcare outside of hospital such as GP and dental appointments,
 - o public health - including data relating to preventing ill health such as immunisation records
 - o records for when and the reason why people pass away
 - o medical conditions such as cancer, diabetes
 - o health, lifestyle and wellbeing surveys that your child has participated in
- **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 links to information about healthy eating, being active and related activities available in your area.
- your email address and telephone number are required as we may contact you by email or telephone to discuss your child's feedback / send you your child's feedback letter by email / offer you further support following your child's height and weight measurement.

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 local NHS Child Health Team, who 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.

All the information collected about your child will be uploaded by us to NHS Digital, who are responsible for collecting data and information about health and care, so that this can be used to monitor and improve the care provided to people across England.

The information collected about your child will also be shared by NHS Digital with Office for Health Improvement and Disparities (OHID), which is part of the Department of Health and Social Care (DHSC). This is in a de-personalised form only, meaning they will not be able to identify your child. OHID focuses on improving the nation's health, so that everyone can expect to live more of life in good health, and on levelling up health disparities to break the link between background and prospects for a healthy life.

Both NHS Digital and OHID will use the information from the NCMP to better understand numbers and trends in child weight and body mass index (BMI). This helps with the planning of services to support healthy lifestyles in your area. No information will ever be published by NHS Digital or OHID that identifies your child.

De-personalised information from the NCMP may also be shared by NHS Digital with other organisations, such as universities. This is to help improve health, care and services through research and planning. This information cannot be used to identify your child, and NHS Digital only ever shares information for research with the approval of an independent group of experts.

Withdrawing your child from the National Child Measurement 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 using the contact details 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/healthier-families/>

Information about how we Sunderland City Council collect and use information can be found at:

<https://www.sunderland.gov.uk/article/13420/Data-Protection>

Information about how NHS Digital and Office for Health Improvement and Disparities 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/department-of-health-and-social-care/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,



Director of Public Health

General Manager

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