



**Sussex Community**  
NHS Foundation Trust

Sussex 5 -19 Healthy Child Programme Screening Team  
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5 January 2024

Dear Parent/Carer

**Reception Year Health Screening**

The Healthy Child Programme Team (5-19) offers screening to all children in mainstream schools in their reception year. This includes screening for hearing, vision, and measuring height and weight as part of the National Child Measurement Programme.

Within this school year, a member of the Screening Team will visit the school to carry out the following:

**Your child's distance vision.**

The vision screening involves each eye being checked separately. Children will be asked to look at pictures or letters held a specific distance away, and match to a card in front of them. The screener will use special glasses that cover each eye in turn. If your child usually wears glasses or is receiving treatment for an eye condition, we will not complete the screening.

**Please inform us if they are under a specialist for their vision using the details at the top of this letter.**

**Your child's hearing.**

To complete the hearing screening, your child will be given a pair of headphones and played different sounds and asked to indicate when he or she has heard them.

**If your child wears a hearing aid or is under the care of a specialist, please inform us using the details at the top of this letter.**

If your child's results indicate that they need further follow up, we will make a referral to either the orthoptist (vision) service or the audiology (hearing) service. If this is required, you will hear directly from these services with an appointment. If you do not want your child to have a direct referral, please contact us.

### **Your child's height and weight.**

To complete the height and weight measurements, we will ask your child to remove their shoes and any outdoor clothing. Your child will not be told the measurements. The measurements are undertaken as part of the National Child Measurement Programme and more information about this is found further on in this letter.

Please see a link to a film clip explaining the NCMP and screening process <https://youtu.be/PZAITerG0S4>

### **What you need to do.**

**If you would like** your child to take part in the vision and hearing screening and the National Child Measurement Programme, then you **do not need to do anything**, and your child will be seen in school.

### **Opting your child out**

- If you **do not** wish us to screen your child's vision and/ or hearing, please "opt" your child out by contacting us via email or phone on the details above at the top of this letter by **19<sup>th</sup> January 2024.**
- If you **do not want your child** to take part in the National Child Measurement Programme, please contact us via email or phone on the details above at the top of this letter by **19<sup>th</sup> January 2024.**

You will need to give us your child's name, address, date of birth and school they attend.

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

### **What happens after the screening has taken place.**

We will record your child's results in their records, which will be held confidentially and securely by Sussex Community NHS Foundation Trust. We do not share the results with the school. It may be helpful for you to share the result with your child's teacher.

We will send you a letter home with your child with the outcome of the hearing and vision screening.

You will receive a letter to your home address with the results from the National Child Measurement Programme.

### **STATEMENT**

As an NHS Trust, we hold information about your child so that they can receive appropriate care and treatment. All information is held confidentially and securely. Information will only be shared on a need-to-know basis for your child's care or where required by law.

The legal basis for the processing of information for health care purposes under data protection laws (such as General Data Protection Regulation (2016), the Data Protection Act (2018) and the Common Law Duty of Confidentiality) is that the NHS is an official authority with a public duty to care for its patients. The Department of Health and data protection laws say it is appropriate to do so for health and social care treatment of patients, and the management of health or social care systems and services.

As part of the National Child Measurement Programme, we collect your child's name, gender, address, ethnicity, and date of birth and may record this in their Health Record. The NHS and local councils will then take **anonymised** information to help us plan our services to support local children and families. Such information will also be submitted for national analysis and publication. Anonymised information **cannot** be used to identify an individual.

Your child's height or weight measurements will **not** be given to school staff or other children. We treat all information securely and confidentially in line with the Data Protection laws.

Please talk to us if you have any concerns about how we use your child's information.

Your school nurse team can also support with issues such as sleep, continence, poor school attendance, emotional health. Please contact the team Monday to Friday 9 - 4.30, excluding Bank holidays, on 0300 303 1137 or text Parentline on 07312 277011.

Thank you.

**5-19 Healthy Child Programme Team**

For top tips and advice on all aspects of children's emotional and physical health please visit <https://www.healthforkids.co.uk/sussex/>

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## [Height and Weight Checks for Children in Year R](#)

Every year in England, school children in Year R 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 to build a picture of how children are growing to help plan better health and leisure services for families. In most areas, parents receive their child's measurement data as this can be useful information about their child's growth and provides an opportunity to offer support to parents where required. Your child's class will take part in this year's programme before the end of the academic year.

**The checks are carried out by members of the Healthy Child Programme (HCP) 5-19 who have been appropriately trained. 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 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**

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 are shared only with you via a parent/carer feedback letter. It is your choice to share or not share the information with your child.**

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. 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 (GP).

### **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 England and Department of Health and Social Care, may also be linked to allow the addition of 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 the care children receive can be improved. This includes your child's health data relating to:**
  - **their birth, hospital care (including time in hospital and out-patient appointments and diagnosis of medical conditions)**

- mental health
  - social care
  - primary care - includes all healthcare outside of hospital such as GP and dental appointments,
  - public health - including data relating to preventing ill health such as immunisation records.
  - records for when and the reason why people pass away.
  - medical conditions such as cancer, diabetes
  - 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 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 Sussex Community NHS Foundation Trust (SCFT). 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.

All the information collected about your child will be sent by us to NHS England. NHS England is 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 England with the Office for Health Improvement and Disparities (OHID) which is part of the Department of Health and Social Care (DHSC) but in a de-personalised form only. This means OHID 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 England and the Office for Health Improvement and Disparities (DHSC) will use the information from the National Child Measurement Programme 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 England or the Office for Health Improvement and Disparities (DHSC) that identifies your child. NHS England use the data to produce [National Child Measurement Programme statistics reports](#) showing trends at national and local community level.

De-personalised information from the National Child Measurement Programme may also be shared by NHS England 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 England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts, as necessary.

### 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 measured, or your child has a medical condition that affects their height or weight please let us know using the contact details provided below, by **19<sup>th</sup> January 2024**.

Tel: 0300 303 1137

[sc-tr.westsussexhealthychildprogramme@nhs.net](mailto:sc-tr.westsussexhealthychildprogramme@nhs.net)

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/>

Further information about the West Sussex HCP team and how we can support you and your child is available here <https://www.sussexcommunity.nhs.uk/services/healthy-child-programme-hcp-health-visitors-and-school-nurses-0-19-service/528135>

Another way to help maintain a balanced diet and physical activity for your family is the **NHS Healthy Steps** email programme. Sign up for the 8-week Healthy Steps emails and you will be sent lots of low-cost easy tips, fun games, healthy swaps and tasty recipes on a budget.

Scan the QR code or visit [healthysteps.uk](https://healthysteps.uk) to sign up.

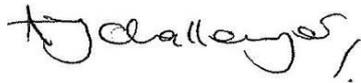


Information about how SCFT collect and use information can be found at <https://www.sussexcommunity.nhs.uk/downloads/services/how-we-use-your-information.pdf>

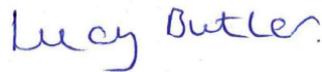
Information about how NHS England and Office for Health Improvement and Disparities collect and use information can be found at <https://digital.nhs.uk/about-nhs-digital/our-work/keeping-patient-data-safe/how-we-look-after-your-health-and-care-information> and <https://www.gov.uk/government/organisations/department-of-health-and-social-care/about/personal-information-charter>

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

Yours faithfully,



Alison Challenger  
Director of Public Health



Lucy Butler  
Director of Children, Young People and Learning

## How your child's data is collected and processed as part of the National Child Measurement Programme (NCMP)

Local authorities have a legal duty to collect the NCMP data. They do this by following guidance from the Office for Health Improvement and Disparities part of the Department of Health and Social Care (DHSC). Local authorities are responsible for making decisions on how the data is collected and for making sure it is protected. Local NCMP service providers are contracted to carry this out; this might be through the school nursing team working in schools or a local healthcare provider. The team collecting the data enter it into the NCMP IT system, which is provided by NHS England. The data may also be entered into a local child health information system. Your local authority is responsible for sending the data to NHS England. NHS England and the Office for Health Improvement and Disparities are jointly responsible for the data held at a national level. Your local authority is responsible for the data held locally.

The diagram below displays what happens to your child's data as part of the NCMP.

