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September 16th 2021

Dear Headteacher,

Re: Height and weight checks of Year R and Year 6 children as part of the National Child Measurement Programme (NCMP)

The National Child Measurement Programme

Across England over 99% (approx.17,000) of eligible schools take part in the NCMP every year. This provides valuable information which is used to plan for and invest in key services to prevent and manage overweight and obesity. Additionally, the programme engages parents by sharing their child's results with them **Your participation in the NCMP is essential for the success of the programme and we thank you in advance for your continued support again this year.**

COVID-19 and the NCMP

We remain committed to carrying out the NCMP this year. The NCMP provider in your area, Sussex Community NHS Foundation Trust (SCFT) will carry out the measurements at your school following government advice that aligns with national and local COVID-19 guidance for schools and infection control. Considerations and adjustments have been made to carry out the measurements within the altered school environment with respect to class groups and minimising the number of school visits required.

The Healthy Child Programme (HCP) staff members who visit your school have clear guidance on hand hygiene, cleaning the NCMP measurement equipment and the allocated measurement room(s) and areas where children wait. The HCP staff will consider the use Personal Protective Equipment (PPE) in line with SCFT infection control guidance. Pupils will not be required to wear PPE at any point during the measurement process. The HCP team will be in contact to discuss arrangements for the measurements to take place at your school following the approved SCFT risk assessment.

We understand that some parents may have additional concerns regarding infection control and we have included information on the NCMP and COVID-19 adjustments in the pre-measurement letter which will be sent to all parents of eligible children at least 2 weeks prior to the height and weight checks taking place.

The importance of healthy weight in children

A child's weight status affects their health and wellbeing. Growing healthily and maintaining a healthy weight is important not only for a child's physical, social and mental wellbeing but also for their capacity to do well at school. Maintained schools have a statutory duty to promote the wellbeing of pupils in carrying out their functions. The new statutory health education curriculum can support

schools with teaching pupils how to make good decisions about their own health and wellbeing.

The national ambition

The Government's second chapter of the Childhood Obesity Plan has set a national ambition to halve childhood obesity and significantly reduce the gap in obesity between children from the most and least deprived areas by 2030. The NCMP programme's data is key to monitoring progress of this ambition.

Taking action

Action taken at a whole school level is an effective way to support all children to grow healthily. Many schools are taking proactive steps to encourage whole school action, including through the curriculum, via school leadership practices, and by improving the school ethos and environment. In addition, schools can create partnerships with parents and the wider community. More information and resources to encourage healthy eating and physical activity at school are listed at the end of this letter.

Support from schools

The programme is delivered by local authorities/school nursing team/NCMP provider, Sussex Community NHS Foundation Trust (SCFT) and involves measuring the height and weight of all Reception and Year 6 children. Delivery has been most successful in areas where schools have helped, and we would be grateful for your cooperation as we undertake the programme over the coming months by SCFT.

- providing class lists for all children in Reception and Year 6, including any new starters.
- identifying any children who are unable to participate because they are unable to stand unaided, have a disability, medical condition or other reason for not being able to participate.
- letting us know that there are children with Down's syndrome in Reception or Year 6. Children with Down's syndrome should be included in the NCMP activity on measurement day as appropriate. However, specialist growth charts will need to be available, and parents provided with an adapted result letter.
- sending pre-measurement letters to parents to inform them about the programme and how they may withdraw their child from being measured. This ensures that the information provided to parents on the processing of their children's height and weight data meets the requirements of the EU General Data Protection Regulations (GDPR) and Data Protection Act 2018 (DPA 2018). We will provide you with electronic information to give to parents, paper copies can be provided on request.
- collating names of any children who have been withdrawn from the programme by their parents.
- identifying a room or area where measurements can be taken privately.
- arranging for staff to help bring children to and from the measurement area.

NCMP and the General Data Protection Regulation /Data Protection Act 2018: advice for schools

All local authorities in England are required to collect information on the height and weight of Reception and Year 6 school children. This legal duty means that parental consent is not needed for schools to lawfully use and share children's personal information for the NCMP under the GDPR and DPA 2018. Schools can lawfully provide class lists to school nursing teams and other providers undertaking the measurements on behalf of the local authority.

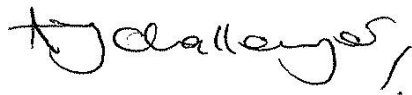
Further information about the programme, is available in the NCMP Information for Schools document [NCMP Information for Schools](#)

A report on last year's NCMP results for England is also available.

If you have any queries, please do not hesitate to contact Fiona Mackison, Strategic Commissioning Lead for HCP fiona.mackison@westsussex.gov.uk at the local authority, WSCC.

If parents have any questions, please ask them to contact the HCP team on 0300 303 1137.

Yours sincerely,



Alison Challenger
Director of Public Health



Jenny Boyd
Co-chair of the HCP Leadership Board
Assistant Director Children's Social Care

COVID-19 resources to help ensure that NCMP measurements are carried out safely at your school

- **'Guidance for full opening: schools'** includes 5 sections. The first section sets out the actions school leaders should take to minimise the risk of transmission of coronavirus (COVID-19) in their school. It includes reference to visitors and PPE. This is public health advice, endorsed by Public Health England: <https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/guidance-for-full-opening-schools#soc>
- **'Safe working in education, childcare and children's social care settings, including the use of personal protective equipment (PPE)'** explains the strategy for infection prevention and control, including the specific circumstances in which PPE should be used, to enable safe working during the coronavirus (COVID-19) outbreak: <https://www.gov.uk/government/publications/safe-working-in-education-childcare-and-childrens-social-care>

Resources to encourage healthy eating and physical activity

- **'Our Healthy Year'** resources to help encourage healthy habits during a child's first year at school and to help older kids build on the habits they need for secondary school and for life: <https://campaignresources.phe.gov.uk/schools/topics/our-healthy-year/overview>
- **School Zone offers** curriculum-linked resources and inspiration to help teach children about healthy eating and being active: www.nhs.uk/c4lschools
- **Change4Life [English and Maths teaching resources](#) and [whole-school materials](#)** that support teachers to educate pupils about how much sugar is in their everyday food and drink, to support them and their families to make healthier choices: <https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/overview>

Resources to encourage physical activity

- **What works in schools to increase levels of physical activity in children and young people.** A resource for head teachers, college principals, staff working in education settings, school nurses, directors of public health, county sports partnerships and wider partners. www.gov.uk/government/publications/what-works-in-schools-to-increase-physical-activity-briefing
- **Active mile briefings.** A guidance document that provides information about the evidence on active mile initiatives, ideas for how to implement them and examples of practice.

<https://www.gov.uk/government/publications/active-mile-briefings>

- **Healthy Rating Scheme.** A self-assessment tool for schools to rate their food education, compliance with the school food standards, time spent on physical education and the promotion of active travel.
www.gov.uk/government/publications/healthy-schools-rating-scheme
- **School Sport and Activity Action Plan.** A cross-government action plan to provide pupils with greater opportunity to access 60 minutes of sport and physical activity every day.
www.gov.uk/government/publications/school-sport-and-activity-action-plan
- **Active School Planner.** A free-to-use interactive tool for schools to review and improve the physical activity offer to their pupils:
www.activeschoolplanner.org/
- **Change4Life Sports Clubs** which can help contribute to all children getting at least 30 minutes of physical activity in every school day:
www.yourschoolgames.com/how-it-works/change4life/
- **School Games.** Inspiring millions of young people across the country to take part in appropriate competitive school sport. www.yourschoolgames.com/
- How to invest in **sport premium** funding to increase physical activity levels:
www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools
- Guidance on direct allocations of the **Healthy Pupils Capital Fund** to local authorities and multi-academy trusts:
www.gov.uk/government/publications/capital-allocations
- Chief Medical Officer's **physical activity guidelines** fact sheet for 5 to 18-year-olds: <https://www.gov.uk/government/collections/physical-activity-guidelines>
- **The Daily Mile.** A simple and free initiative to encourage children to run/walk/jog for 15 minutes every day: www.thedailymile.co.uk/

Resources to encourage healthy eating

- **School Food Plan training resource** to help all school staff understand the importance of a good school food culture:
www.schoolfoodplan.com/actions/teacher-training/
- **The Eatwell Guide.** A tool used to define government recommendations on eating healthily and achieving a balanced diet:
www.gov.uk/government/publications/the-eatwell-guide

The [Eatwell Guide image](#) and [Eatwell Guide booklet](#) are included in the list of resources.

- **Let's Get Cooking: Learning Network.** A hub of information about providing healthy children's food offering 15 training courses for schools and caterers related to improving food for children: <https://letsgetcooking.org.uk/>

Resources to encourage emotional health and wellbeing

- Guidance on the eight principles for **promoting emotional health and wellbeing** in schools: www.gov.uk/government/publications/promoting-children-and-young-peoples-emotional-health-and-wellbeing
- Teaching about mental wellbeing <https://www.gov.uk/guidance/teaching-about-mental-wellbeing>
- Resource library including lesson plans and assessment tools to help develop the **RSHE curriculum**: <https://www.pshe-association.org.uk/statutory-tools>
- **MindEd** is a free educational resource on children and young people's mental health for all adults <https://www.minded.org.uk/>

¹ Public Health England (2014). The link between pupil health and wellbeing and attainment: www.gov.uk/government/publications/the-link-between-pupil-health-and-wellbeing-and-attainment

² University of London (2011). Childhood obesity and educational attainment: A systematic review: http://eppi.ioe.ac.uk/cms/LinkClick.aspx?fileticket=9KvoPV_PSGY%3D&tabid=2956&mid=5535

³ Education and Inspections Act 2006 <https://www.legislation.gov.uk/ukpga/2006/40/contents>

⁴ Department for Education (2019). Relationships education, relationships and sex education (RSE) and health education: www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education

⁵ Department for Education. Schools Statutory Guidance: www.gov.uk/government/collections/statutory-guidance-schools#safeguarding-children-and-young-people

⁶ Ofsted. The education inspection framework (2019): www.gov.uk/government/publications/education-inspection-framework

⁷ HM Government. Childhood obesity: a plan for action, Chapter 2. (2018).

www.gov.uk/government/publications/childhood-obesity-a-plan-for-action-chapter-2

⁸ WHO Health Promoting School framework for improving the health and well-being of students and their academic achievement (Review) (2014). www.cochrane.org/CD008958/BEHAV_the-who-health-promoting-school-framework-for-improving-the-health-and-well-being-of-students-and-their-academic-achievement

⁹ NCMP Information for Schools: <https://www.gov.uk/government/publications/national-child-measurement-programme-operational-guidance>

¹⁰ NHS Digital NCMP Annual Reports: <https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme>