

## **This Letter is For Reception & Year 6 Pupils**

### **Measuring the height and weight of children**

It is important to have a good understanding of how children are growing across the country, so that the best possible services can be provided for them. As a result, a National Child Measurement Programme has been set up to weigh and measure children in England in Reception and Year 6.

Your child's class will take part in this year's measurement programme. **The measurements will be taken by the school nursing team from the Northern Care Alliance. The measurements will be carried out in a private area away from other pupils. Children who take part will be asked to remove their shoes and any heavy outdoor clothing. They will be weighed in light, indoor clothing.**

Routine data, such as your child's gender, postcode, ethnicity, and date of birth will also be recorded to help plan services for families. All data and results will be treated confidentially. No child's height or weight will be given to school staff or other children. The records of children's heights and weights will be made anonymous, so that it will not be possible to identify your child's height or weight. This anonymous information will be used to understand and plan interventions for weight-related problems in children locally and nationally.

If you're happy for your child to be measured, you don't have to do anything.

**If you do not want your child to take part**, please contact your child's school in writing and give your child's, name, date of birth, school year and school name. Measuring will commence January 2026.

**Children will not be made to take part on the day if they do not want to.**

You will be able to request your child's measurements from the school's nurse up to **6 weeks** after your child has been weighed and measured. If you would like to receive your child's height and weight, please contact your school in writing, marked for the attention of the school nurse. This information will be sent to you by post.

Privacy Notice: <https://www.bury.gov.uk/index.aspx?articleid=14246>

Yours sincerely,

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