2026/2027

Dear Parent/Guardian,

National Child Measurement Programme (NCMP) for children in Year 6

All children in England routinely have their height and weight checked in Reception and in Year 6. Your child's year group will take part in this year's measurement programme. This is to help us understand health trends and plan interventions for children both locally and across the country.

Our school health team will visit your school this term to record your child's height and weight. We would like to assure you that:

- measurements will be done in a private area away from other pupils
- Children will only be asked to remove their shoes and will be weighed in normal indoor clothing
- Children will not be made to participate if they don't want to
- No child's height or weight will be given to school staff or other children.

The record of children's heights and weights will be made anonymous before being submitted for analysis at a national level but will be stored locally on your child's health record. We will also use some specific information such as your child's sex, address, postcode, ethnicity and date of birth to help identify trends, but we will always make sure that no individual child can be identified.

We will not routinely advise you of your children's growth measurements following the height and weight check. If you would like to know your child's measurement, please follow this link https://www.merseycare.nhs.uk/our-services/liverpool/school-health-service to identify the contact details for your School Health team. Results will be available four weeks after receiving this letter.

If you do not want information about your child's height and weight to be shared with the Department of Health, please contact the School Health Team as above and let them know.
Yours faithfully

Rhiannon Evans
Clinical Operational Manager - School Health for Children and Young People
Mersey Care NHS Foundation Trust

If you have concerns about your child's current weight, there is support available.

- Go online for practical advice at: www.nhs.uk/change4life and www.nhs.uk/ncmp3

- Find further support by contacting your school health team https://www.merseycare.nhs.uk/our-services/liverpool/school-health-service

- Liv Life Liverpool healthy weight service is available to support families - parents/carers and children aged 5 to 17 years (up to 25yrs if SEND or care experienced) to achieve a healthy weight and improve their health and wellbeing. Eligibility criteria apply. If you are interested, you can refer your child/family or self via the website: www.livlifeliverpool.org or call on freephone: 0800 488 0551.

