

School entry health review in Reception 26/27

Dear Parent/Carer

Your child's next health review will take place this year at school. This will include **height and weight measurement** as part of the National Child Measurement Programme (NCMP), and **vision screening**.

Height and weight measurement

What happens:

- Your child is told about the NCMP on the day and can choose not to take part
- If they take part, they will be brought out of class in small groups and asked to remove their coat and shoes
- They will be invited one-by-one into a private space to meet the friendly Public Health Nursing team
- Their height and weight will be measured by a qualified professional, and not shared with your child
- These measurements are used with their age and sex to calculate child body mass index centile – different to adult BMI
- Within 6 weeks, you will get a letter addressed to you, containing your child's measurements and whether they are following their predicted growth pattern – it is your choice whether to share this with your child
- You can also get notified of your child's measurements on the same day by signing up to the Parent Information Portal (PIP) at pip.southernhealth.nhs.uk
- If your child's growth is outside the expected range for their age, sex, and height, you can check in with the Public Health Nursing team by phone or at a clinic – there are different options for different families
- The Public Health Nursing service may also share your child's measurements with your GP, to keep their health records up to date



Scan for videos, tips
and privacy details

Vision screening

You will have received information about vision screening as part of your School Readiness pack. As a reminder:

- The screening involves naming and matching letters from a set distance
- Results are sent home in your child's book bag on the same day that they are seen in school

Why do we measure and screen your child?

We are mindful that any type of measurement or screening can cause worry. We do height and weight measurements because:

- Promoting healthy growth and development is a priority nationally and locally, and the NCMP helps us to plan future services and support
- Children grow and develop rapidly – the NCMP is an opportunity for you to check in with your child's wellbeing and habits, and for us to support you
- The NCMP helps us understand how our population is changing over time, and it is right that these measurements are also shared with parents/carers

We do vision screening because:

- It helps detect early vision problems in children who need further assessment
- Good vision is important for learning, development, and quality of life

Our Public Health Nursing teams are understanding and want to offer practical help for your child's healthy growth and development. This might include:

- Help with routines such as mealtimes, being active, and sleep
- Support to set boundaries and navigate behaviour like fussy or picky eating
- Information about local support or specialist services

How you can withdraw your child from their school entry health review

If you are happy for your child to be measured and have their vision checked, you do not need to do anything. If you do not want your child to take part in one or both, then please fill in the [online form](#) or scan the QR code **within 2 weeks**.

This includes if:

- Your child has a medical condition (or is receiving any treatment) that affects their height or weight
- Your child is under the care of an orthoptist (eye specialist) or already wearing glasses and does not require vision screening



If you would like to discuss the health review or whether your child should take part, contact the Public Health Nursing team by texting 07507 332417, or find your local team's phone number at healthforkids.co.uk/hampshire/school-nurses/.

Yours faithfully,



Simon Bryant FFPH
Director of Public Health



Steph How
Director of Children's Services

What information is collected and why

Your child's height, weight, age, sex, and date of birth are collected to calculate their weight category (also known as child body mass index centile).

Your child's ethnicity and address are collected to monitor differences in child growth and weight between ethnic groups, where children live and their backgrounds.

Your child's name, date of birth and NHS number are collected to link their measurements from reception and year 6 to other information from health and education records held by NHS England, the Department of Health and Social Care and the Department for Education, where it is legal to do so.

How personal information and data is collected and stored

You can read more about how the Department of Health and Social Care collects, stores and uses your child's information and data in the '[National Child Measurement Programme privacy notice](#)'.

You can read more about how NHS England collects, stores and uses your child's information and data at '[National Child Measurement Programme GDPR information](#)'.

You can read more about taking part in the programme, how your data is collected, and how your data is used by going to digital.nhs.uk/services/national-child-measurement-programme.

You can read more about how the Public Health Nursing Service collects, stores and uses your child's information in the '[HIOW Healthcare Privacy Notice](#)'.

You can read more about how Hampshire County Council collect and use information in the '[HCC Public Health Privacy Notice](#)'.