

**Private & Confidential**

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Dear Parent/Carer

**Vision screening and height and weight checks for children in reception year**

The School Nursing Service offers vision screening and height and weight measurements to all children during their reception year. National guidelines recommend that all children are screened for vision in their first year at school. This is normally undertaken alongside the National Child Measurement Programme (NCMP). The NCMP is a mandatory programme, led locally by the Public Health and Wellbeing Division of South Gloucestershire Council. Your child's class will take part in this year's measurement programme.

**Height and Weight Measurements**

Every year in England, children in Reception and Year 6 have their height and weight measured at school as part of the NCMP. It is important to have a good understanding of how children are growing, so that the best possible advice and support can be provided for them and their families. Height and weight measurements are used to calculate weight status.

The measurements will be carried out in school by trained School Nursing staff who will ensure that the measurements are conducted sensitively. Children are measured fully clothed, except for their coats and shoes, this is usually done in small groups alongside their classmates. Children must be physically able to stand to be weighed and measured unaided and any pupils who are unable to do so are not required to participate. All measurements 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.

**The Vision Screening Programme**

During vision screening, your child will have the vision of each eye checked. It is not necessary for your child to know their letters to be tested. If screening suggests reduced vision, you will be notified and depending on the result, we will either recommend that you take your child to an optician, or we will automatically refer them to the Orthoptist team at the Bristol Eye Hospital, for further testing. Despite this vision screening, it is recommended that all children visit their community optician annually to ensure good eye health.

## 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. Research is ongoing to ensure this continues to be done in a supportive way. If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from the School Nursing Service or your GP.

### Results

Individual results are not shared with your child or their school. The weight and height information is shared only with you in the parent/carer feedback letter you will receive by post. It is your choice to share or not share the information with your child. The information you receive will give an indication of what the weight range is for your child for their age and height at the time of measuring. We anticipate that the results letter will be available to you within two months of your child being weighed and measured. Please ensure that the school have your accurate postal address as we will use this to send you your child's feedback letter.

### Withdrawing your child from height and weight measurements

If you are happy for your child to have vision screening (and be referred if required) and be weighed and measured, you do not need to do anything.

**If you do not want your child to have vision screening and their height and weight to be measured**, or your child has a medical condition that affects their height and weight please complete the attached form **and return it to your child's class teacher**.

Children will not be made to take part if they do not want to, however we do hope that all pupils in reception will be weighed and measured and have their vision screened. If your child is absent on the specific day, the SNS may revisit the school at a later date to weigh and measure your child, alternatively we would encourage you to have a go at measuring your child using the [NHS BMI Calculator](#).

We look forward to your support as we undertake this important work over the coming months. If you need any further information or have any concerns about how we will look after your child's personal information, please do not hesitate to contact us.

Yours faithfully



Nikki Lawrence  
Head of Children's Services (BNSSG)  
Sirona Care and Health CIC



Sarah Godsell  
Public Health Strategic Lead - Healthy Foundations  
Public Health & Wellbeing Division  
South Gloucestershire Council

## **Further information**

### **The information we collect and what it is used for Your child's data**

Your child's height, weight, date of measurement, sex and date of birth are used to calculate your child's weight category (also known as body mass index, or BMI).

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 (DHSC) may also be linked to allow information from health and education records to be added, where lawful to do so. This helps 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. These other data sets may include 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 (including 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 and 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.

### **Why we need your contact details**

We need your address 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.

We need your phone number because we may:

- contact you by phone to discuss your child's feedback
- offer you further support following your child's height and weight measurement

### **How the data is used**

All the data collected is also used for research and planning to improve health, care and services. All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.

The information collected from all schools in the area will be gathered together and held securely by the South Gloucestershire public health team for a minimum of 20 years. We will store your child's information as part of their local child health record on the NHS's child health information database, which a number of medical professionals will have access to for the provision of healthcare and treatment.

We will send all the information collected about your child to NHS England. NHS England is responsible for collecting data and information about health and care so that it 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 DHSC but in a de-personalised form only. This means OHID will not be able to identify your child.

Both NHS England and OHID will use the information from the NCMP to better understand numbers and trends in child weight and BMI. This helps to plan services to support healthy lifestyles in your area. No information will ever be published by NHS England or OHID that identifies your child. NHS England uses the data to produce [National Child Measurement Programme statistics reports](#) showing trends at national and local level.

De-personalised information from the NCMP 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. NHS England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.

The programme's data are used within the local authority and NHS to help plan the provision of services and advice to support healthy weight and lifestyles in the area. The information is also submitted for national analysis and publication in a way that means individual children cannot be identified.

### **Further information**

You can find further information about the NCMP at [The National Child Measurement Programme](#) NHS webpage.

You can find information and fun ideas to help your kids stay healthy at the NHS Better Health: healthier families webpage [Easy ways to eat well and move more](#).

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. You can sign up to NHS [Healthy Steps - Step this way](#) webpage or scan the QR code:



Information about how we, South Gloucestershire Council collect and use personal information can be found at [www.southglos.gov.uk/privacy](http://www.southglos.gov.uk/privacy)

You can find information about how NHS England and DHSC collect and use information at:

- NHS England's [How we look after your health and care information](#) webpage
- the DHSC [Personal information charter](#) webpage

You can find information about the organisations NHS England has shared information from the NCMP at NHS England's [National Child Measurement Programme](#) webpage.

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

Local authorities have a legal duty to collect the National Child Measurement Programme (NCMP) data. They do this by following guidance from the Office for Health Improvement and Disparities (OHID), part of the Department of Health and Social Care.

Local authorities are responsible for making decisions on how the data is collected and making sure it is protected. Local NCMP service providers are contracted to do the measurements. This might be through the school nursing team 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 OHID are jointly responsible for the data held at a national level. Your local authority is responsible for the data held locally.

## **Vision and hearing screening and the General Data Protection Regulation (GDPR)**

The official authority for vision and hearing screening is provided by the [Health & Social Care Act 2012](#). This official authority means that the lawful basis for processing children's personal data for this purpose is considered to be provided by:

- GDPR Article 6(1)(e) - processing is necessary for the performance of a task carried out in the public interest or in the exercise of official authority
- GDPR Article 9(2)(h) - processing is necessary for medical diagnosis, the provision of health or social care or treatment or the management of health or social care systems

Guidance on the [administration of vision screening](#) was published by Public Health England. This guidance states that Local Authorities can decide whether to adopt an 'opt in' or 'opt out' approach. Both approaches to administering vision screening are equally valid under the GDPR. This is because the lawful basis for processing children's personal data for this purpose is provided by the Articles covering 'exercise of official authority' and 'provision of health care or treatment', not by Consent.

**Withdrawal Form: National Child Measurement Programme**

**Withdrawing your child from vision screening and the National Child Measurement Programme.**

If you are happy for your child to have vision screening (be referred if required) and be weighed and measured, you do not need to do anything.

If you **do not want your child to take part**, please fill in the form below and return it to your child's class teacher.

**If you are unable to print a copy of this form please contact the school office where you will be able to obtain a paper copy.**

**If your child then moves to a different school during their reception year please ensure that you inform the new school if you do not want your child to take part.**

I **do not** wish my child to have vision screening, or to be weighed and measured for the National Child Measurement Programme.

**Child's Name:** .....

**Date of birth:** ..... **Male/Female (delete as appropriate)**

**Address:** .....

**Postcode:**..... **School:** .....

**This form needs to be signed by a person with legal parental responsibility for this child and returned to school.**

**Print name:** ..... **Sign name:** .....

**Relationship to child:** ..... **Date:** .....

This form needs to be signed by a person with legal parental responsibility for this child. Please return to your **child's class teacher** as soon as possible.

Please contact your School Nursing team if you wish to discuss this form or any aspect of your child's health.

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