Sussex Community
NHS Foundation Trust

Sussex 5 -19 Healthy Child Programme Screening Team
Brighton General Hospital
Elm Grove
Brighton
BN2 3EW
0300 303 1137 option 2
sc-tr.westsussexhealthychildprogramme@nhs.net

28 October 2026

Dear Parent/Carer

Reception Year Health Screening

The Healthy Child Programme Team (5-19) offers screening to all children in mainstream schools in their reception year. This includes screening for hearing, vision, and measuring height and weight as part of the National Child Measurement Programme. Within this school year, a member of the Screening Team will visit the school to carry out the following:

Your child's distance vision.

The vision screening involves each eye being checked separately. Children will be asked to look at letters held a specific distance away, and match to a card in front of them. The screener will use special glasses that cover each eye in turn. If your child usually wears glasses or is receiving treatment for an eye condition, we will not complete the screening.

Please inform us if your child wears glasses or is under the care of the Optician for their vision using the details at the top of this letter.

Your child's hearing.

To complete the hearing screening, your child will be given a pair of headphones and played different sounds and asked to indicate when they have heard them.

If your child wears a hearing aid or is under the care of an Audiologist or receiving treatment under ENT, please inform us using the details at the top of this letter.

If your child's results indicate that they need further follow up, we will make a referral to either the orthoptist (vision) service or the audiology (hearing) service. If this is required, you will hear directly from these services with an appointment. If you do not want your child to have a direct referral, please contact us.

Your child's height and weight.

To complete the height and weight measurements, we will ask your child to remove their shoes and any outdoor clothing. Your child will not be told the measurements. The measurements are undertaken as part of the National Child Measurement Programme and more information about this is found further on in this letter.

What you need to do.

If you would like your child to take part in the vision and hearing screening and the National Child Measurement Programme, then you **do not need to do anything,** and your child will be seen in school.

Opting your child out

- If you **do not** wish us to screen your child's vision and/ or hearing, please "opt" your child out by contacting us via email or phone on the details at the top of this letter by **17th November 2026.**

- If you **do not want your child** to take part in the National Child Measurement Programme, please contact us via email or phone on the details at the top of this letter by **17th November 2026.**

You will need to give us your **child's name, address, date of birth and school they attend**.

If your child has a medical condition that affects their height or weight, please let us know using the contact details provided above.

What happens after the screening has taken place.

We will record your child's results in their records, which will be held confidentially and securely by Sussex Community NHS Foundation Trust. We do not share the results with the school. It may be helpful for you to share the result with your child's teacher.

We will send the outcome of your child's hearing and vision screening electronically via email where a valid email address is available.

You will receive the outcome from the National Child Measurement Programme electronically via email where a valid email address is available.

STATEMENT
As an NHS Trust, we hold information about your child so that they can receive appropriate care and treatment. All information is held confidentially and securely. Information will only be shared on a need-to-know basis for your child's care or where required by law.

The legal basis for the processing of information for health care purposes under data protection laws (such as General Data Protection Regulation (2016), the Data Protection Act (2018) and the Common Law Duty of Confidentiality) is that the NHS is an official authority with a public duty to care for its patients. The Department of Health and data protection laws say it is appropriate to do so for health and social care treatment of patients, and the management of heath or social care systems and services.

As part of the National Child Measurement Programme, we collect your child's name, gender, address, ethnicity, and date of birth, together with parent / carer email address and contact number and may record this in their Health Record. The NHS and local councils will then take **anonymised** information to help us plan our services to support local children and families. Such information will also be submitted for national analysis and publication. Anonymised information **cannot** be used to identify an individual.

Your child's height or weight measurements will **not** be given to school staff or other children. We treat all information securely and confidentially in line with the Data Protection laws.

Please talk to us if you have any concerns about how we use your child's information.

Your school nurse team can also support with issues such as sleep, continence, poor school attendance, emotional health. Please contact the team Monday to Friday 9 - 4.30, excluding Bank holidays, on 0300 303 1137 option 1 or text Parentline on 07312 277011.

Thank you.

5-19 Healthy Child Programme Team

For top tips and advice on all aspects of children's emotional and physical health please visit
Health for Kids | Sussex

Alison Challenger
Director of Public Health

0330 22 28298

alison.challenger@westsussex.gov.uk

www.westsussex.gov.uk

County Hall
Chichester
West Sussex
PO19 1RQ
01243 777100

Height and Weight Checks for Children in Reception and Year 6

Every year in England, school children in reception and year 6 have their height and weight checked at school. This is called the National Child Measurement Programme (NCMP).

The checks are carried out by members of the Healthy Child Programme (HCP) 5-19 team who have been appropriately trained. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

The programme 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.

You can watch the NCMP process animation.The animation explains the process of the NCMP and why it is important. It will guide you through what it involves, how your child's data is collected and processed and what it will be used for.

Why do we need to measure children

Children's height and weight measurements are collected to build an understanding of how children are growing. The information from the NCMP is used by local councils and the NHS to plan the provision of health and leisure services for families to promote healthier growth in children.

In most areas, parents receive their child's measurement data, because this can be useful information about their child's growth. It also provides an opportunity to offer support to parents where required. Your child's class will take part in this year's programme.

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).

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.

Information about how personal information and data is collected and stored

As part of the National Child Measurement Programme (NCMP), the Sussex Community NHS Foundation Trust and West Sussex County Council will collect and process the information required to undertake your child's measurements. This information will be stored securely and shared with NHS England through an approved secure third-party system, as required for national reporting and monitoring purposes. Further information about how Sussex Community NHS Foundation Trust and West Sussex County Council processes personal data can be found at: Patient Privacy Notice | Sussex Community NHS Foundation Trust and Privacy Policy - West Sussex County Council

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 (NCMP): GDPR information.

At the NHS England National Child Measurement Programme webpage you can read more about:

- taking part in the programme
- how your data is collected
- how your data is used

How you can withdraw your child from participating in the NCMP. If you are happy for your child to be measured, you do not need to do anything. If you do not want your child's height and weight to be measured, or your child has a medical condition that affects their height or weight, please let us know using the contact details provided below by **17th November 2026.**

Tel: 0300 303 1137 option 2
sc-tr.westsussexhealthychildprogramme@nhs.net

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

How is a child's mental health and wellbeing considered in the NCMP

The wellbeing of children and families is very important to the programme. Measurements are conducted in a sensitive way, in private and away from other children. Individual feedback is not shared with your child or their school.

Feedback of the weight and height information is shared only with you, either by post or digital methods, such as email, apps or secure communications. It is your choice to share or not share the information with your child.

If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a school nurse or GP.

Further information

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.

You can find further information about the NCMP at The National Child Measurement Programme NHS webpage.

For top tips and advice on all aspects of children's emotional and physical health please visit
Feelings | Health for Kids

Advice and tips on how to promote good oral care can be found here
Children's teeth - NHS

Further information about the West Sussex HCP team and how we can support you and your child is available here School Nursing Service (sussexcommunity.nhs.uk)

Yours faithfully,

Alison Challenger
Director of Public Health

Daniel Ruaux
Executive Director of
Children, Young People & Learning