

Norfolk Healthy Child Service

Cringleford Business Centre

Intwood Road

Norwich, NR4 6UA

0300 300 0123

Parentline 07520 631590

www.justoneNorfolk.nhs.uk

**School Height & Weight Check – National Child
Measurement Programme (NCMP) – Wednesday 25th February 2026**

Each year in England, school children in Reception Year have their height and weight checked at school as part of the National Child Measurement Programme. Height and weight measurements are used to calculate weight status. The information gathered allows services to plan how to support families to lead healthy lives.

Your child's class will take part in this year's programme on Wednesday 25th February 2026.

The checks are carried out by trained staff from the Healthy Child Programme. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. A member of the school staff may be present during screening.

The programme will be delivered in line with the school and local authority's safety control measures. This includes robust hand and respiratory hygiene and enhanced cleaning arrangements for the rooms and equipment used to measure your child's height and weight as recommended in the national guidance for schools and healthcare

Maintaining the well-being of children in the NCMP

The wellbeing of children and families is very important. Measurements are carried out in a sensitive way, in private and away from other children. Your child's results are not shared with your child or their school. The weight and height results are only shared with you. It is your choice if you share the information with your child.

The emotional impact of the NCMP has been researched and studies show that body image, self-esteem, weight-related teasing and restrictive eating behaviours do not change as a result of being measured or receiving feedback.

Please see page 2 of this letter on how to opt your child out of these checks.

NCMP results – what happens next:

- **Healthy Weight** - You will not receive a results letter if your child is in the healthy weight range. You can talk to a member of our team about your child's height and weight results by contacting us on the details above.
- **Underweight** - You will receive a letter within 6 weeks with the results and further information.
- **Overweight** - You will receive a letter within 6 weeks with the results and further information. Your details will be shared with Gro-Health our tier 2 weight management service, and they will contact you directly for continued support.
- **Very Overweight** - You will receive a letter within 6 weeks with the results and further information. Your details will be shared with Gro-Health our tier 2 weight management service, and they will contact you directly for continued support.

Opting your child out of the National Child Measurement Programme

If you are happy for your child to be measured, you do not need to do anything.

If you do not wish your child's height and weight to be checked, please follow the steps below in the grey box. Children will not be made to take part if they do not want to.

If you wish to opt your child out of the National Child Measurement Programme (NCMP) please follow the steps below:

- **Contact us by Monday 5th January 2026**
- Use the QR code or the link to complete **parts 1 & 2** on the opt out form <https://www.iustonenorfolk.nhs.uk/our-services/school-height-and-weight-checks/national-child-measurement-programme-ncmp/>
- Or call 0300 300 0123
- Leave the following information:-
 - child's full name
 - NHS Number (if known)
 - date of birth
 - current home address
 - school they attend
 - Your contact information
 - check/test you're opting them out of



It is very important that we receive all the above information when you are opting your child out.

We provide this service to help protect the health of your child as part of our public task as a health service provider. Your child's school has provided us with your contact details. We will update your child's electronic health record of the outcome of our screening programme.

<https://www.cambscommunityservices.nhs.uk/docs/default-source/ig-privacy-notices/privacy-notice-hcp-may-2022.pdf?sfvrsn=2>

For information regarding the data collection and how it's used please see separate attachment – NCMP data collection.

Please do not hesitate to contact the team if you have any queries.

Yours faithfully,

Norfolk and Waveney Children and Young People's Health Services

PLEASE SEE BELOW FOR INFORMATION ABOUT VISION AND HEARING SCREENING

Reception Year Vision and Hearing Screening

The Healthy Child Programme team will also be visiting your child's school to test the hearing and vision of children during their Reception year. A member of the school staff may be present during screening.

All children are eligible for this service on school entry, including those who wear glasses.



Providing more information about your child before we visit school



Please use the QR code or link below and complete parts 1 & 3 on the form, if your child:-

- Is under regular review at the hospital for ears, eyes or both
- Has additional needs

IMPORTANT INFORMATION – CHILDREN WEARING PROGRAMMABLE SHUNTS

Hearing screening equipment used by us can affect the programmable shunt – it is very important that you opt your child out of school hearing screening if they have one fitted.

Please opt your child out by completing parts 1 & 2 of the online form if they have a programmable shunt fitted.

<https://www.justonenorfolk.nhs.uk/our-services/hearing-and-vision-school-screening/>



Vision and hearing screening results

- **Pass result**

You will not receive a results letter if your child passes the screening.
Take your child to see an optician for a vision check when they are 9 Years old.

- **Not passed or unable to test**

A letter will come home with your child on the day of screening with the results and further information on what happens next.

Your child's vision and hearing result will be shared with school. If you do not want us to share your child's vision and or hearing results with the school please contact us by the date shown in the grey box below.

Opting your child out of vision and hearing screening

If you are happy for your child to be screened, you do not need to do anything.

If you do not wish for your child to be screened please follow the steps below in the grey box.

To opt your child out of vision or hearing screening or both please follow the steps below:

- **Contact us by Monday 5th January 2026**
- Using the QR code or link – please complete **parts 1 & 2** of online opt out form <https://www.justonenorfolk.nhs.uk/our-services/hearing-and-vision-school-screening/>
- Or call 0300 300 0123
- Leave the following information:-
 - child's full name
 - NHS Number (if known)
 - date of birth
 - current home address
 - school they attend
 - Your contact information
 - check/test you're opting them out of



It is very important that we receive all the above information when you are opting your child out.

We provide this service to help protect the health of your child as part of our public task as a health service provider. Your child's school has provided us with your contact details. We will update your child's electronic health record of the outcome of our screening programme.

<https://www.cambscommunityservices.nhs.uk/docs/default-source/ig-privacy-notices/privacy-notice-hcp-may-2022.pdf?sfvrsn=2>

If your child misses screening, we may contact you via text message. Please call Just One Number on 0300 300 0123 if you do not want to receive text messages from us.

To find out more information about vision and hearing screening and to watch useful videos about the screening please visit - <https://www.justonenorfolk.nhs.uk/our-services/hearing-and-vision-school-screening>

Please do not hesitate to contact the team if you have any queries.

Yours faithfully,

Norfolk and Waveney Children & Young People's Health Services