

Lincolnshire County Council
Children's Health
County Offices, Room 116
Newland
Lincoln
LN1 1YL

Tel: 01522 843 000
Email: BS_NCMP@lincolnshire.gov.uk

Date 10th November 2025

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 trained providers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. 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.

You will receive your child's measurement data in the post, because this can be useful information about your 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.

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.

To offer the best support possible, if your child's measurements show that they are above the expected weight range for their age, sex and height, we will share your phone number, your child's measurements and date of birth with the Gloji Energy team at One You Lincolnshire. A member of the Gloji Energy team will reach out to you to offer information about exciting free programmes to help your family lead healthier, happier lives. You can find further information about this programme here [Gloji Energy for Children | Healthy Lifestyle Service | One You Lincolnshire](#).

Information about 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 \(NCMP\): 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

You can read more about how Lincolnshire County Council collects, stores and uses your child's information at <https://www.lincolnshire.gov.uk/directory-record/62069/information-management>.

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 contact us by emailing BS_NCMP@lincolnshire.gov.uk or by calling the Single Point of Access (SPA) on 01522 843 000. You will need to do this for when your child is in reception and year six, as Lincolnshire County Council does not store this data for more than the year being conducted.

Likewise, If you do not want your child's information shared with Gloji Energy at One You Lincolnshire, please contact us as above.

Please specify if you are opting your child out of the NCMP, information sharing with Gloji Energy at One You Lincolnshire, or both.

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.

The weight and height information is shared only with you, through a parent feedback letter posted to your address. 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 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 find further information about healthy lifestyle choices at Lincolnshire County Council's [Start for Life page](#)

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

Yours faithfully,



Professor Derek Ward
Director of Public Health
Lincolnshire County Council



Heather Sandy
Director of Children's Services
Lincolnshire County Council