



Sussex Community
NHS Foundation Trust

Sussex 5 -19 Healthy Child Programme Screening
Team
Brighton General Hospital
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Brighton
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Tel: 0300 303 1137 option 2

sc-tr.westsussexhealthychildprogramme@nhs.net

31 October 2025

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 pictures or letters held a specific distance away, and match to the 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 they are under a specialist 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 he or she has heard them.

If your child wears a hearing aid or is under the care of a specialist, 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.

Please see a link to a film clip explaining the NCMP and screening process
[School Health Assistants - Reception Screening 2022 \(youtube.com\)](https://www.youtube.com/watch?v=...)

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 above at the top of this letter by 28th November 2025.
- 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 above at the top of this letter by 28th November 2025.

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 you a letter home with your child with the outcome of the hearing and vision screening.

You will receive a letter to your home address with the results from the National Child Measurement Programme.

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 health 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 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

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Director of Public Health

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Height and Weight Checks for Children in Year R

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.

Like most areas, we will send you a feedback letter with your child's measurement data, because this can be useful information about your child's growth. It also provides an opportunity to offer support where required. We will send you the results after all measurements have been completed and this letter will contain information and signposting to local services.

Your child's class will take place 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](#)

Information about how SCFT collects and use information can be found at [Patient Information and How We Use It | Sussex Community NHS Foundation Trust](#)

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 28th November 2025.

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.

The weight and height information are shared only with you through a parent / carer feedback letter. 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 [Health for Kids | Sussex](#)

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,

A handwritten signature in black ink that reads "Alison Challenger".

Alison Challenger
Director of Public Health

A handwritten signature in black ink that reads "V. Clark".

Vince Clark
Executive Director of
Children, Young People & Learning