

Public Health

1st Floor Main Building
County Hall
Topsham Road
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EX2 4QL
(01392) 386382

October 2025

Dear Parent/Carer,

Measuring the height and weight of children in Reception Year and Year 6

Every year, Reception and Year 6 children are weighed and measured in school as part of the [National Child Measurement Programme](#). This helps us understand children's growth over time and helps with planning support for families and children. Devon County Council's School Nursing team will carry out the measurements in your child's school between January and July 2026.

What to do now

- If you are happy for your child to be weighed and measured, you don't need to do anything
- **If you don't want your child to take part, complete this [opt out form](#) by Friday 19 December.** If completed after this date, it is possible your child will be measured
- Children don't have to take part if they don't want to however, as they can tell the teacher or nurse beforehand confidentially
- Please ensure the school has your correct address and phone number as we may contact you using this information.

How the programme works

- Children are measured fully clothed (apart from their coat and shoes)
- Children will not see or be told their measurements, and they are not shared with their school
- Children and families' wellbeing is very important to us. Measurements are done sensitively and the measuring cannot be seen by other pupils
- Your child's name, height, weight, age, sex and date of birth are used to calculate your child's weight category. Your child's ethnicity and address are collected to monitor differences in child growth and weight between ethnic groups, where children live and 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 of Education, where it is legal to do so. Public Health does not carry out any linking of data.

What happens with this information?

Information about how Devon County Council collects, stores and uses your child's information is in our [privacy notice](#).

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](#).

Information on how NHS England collects, stores and uses your child's information and data is here [National Child Measurement Programme \(NCMP\): GDPR information](#). At the [NHS England National Child Measurement Programme webpage](#) you can read about taking part in the programme, how your data is collected and how your data is used.

What happens after the measurements?

The School Nurse team may contact you if your child is below or above their expected weight. That's because we feel it's important to share information with you, as you know your child best. It's also an opportunity for you to share how your child is progressing and explore any worries or questions you may have about their health and wellbeing.

If you would like further help

If you would like support or advice about your child's health and wellbeing, please contact your School Nurse. Contact details are on the [Devon County Council website](#) or our [Health for Kids](#) website. If you have any comments or complaints on the service provided, please contact your local [school nursing team](#). For any other information about the NCMP, please call 01392 386382.

Thank you for your co-operation and help,

Best wishes



Steve Brown
Director of Public Health and Communities
Devon County Council

Further resources and information:

[Health for Kids](#) – health information and advice for parents on helping support their primary aged children

[Children's weight - Healthier Families](#) - NHS (www.nhs.uk) resources including recipes and activities with healthy bodies and healthy minds

[Be Body Positive - Support for Young People, Parents, Carers & Professionals](#)

[Healthier Families - Home - NHS](#) Easy ways to eat well and move more

[NHS Healthy Steps](#) email programme – sign up to an 8-week email plan and receive lots of low-cost easy tips, fun games, healthy swaps and tasty recipes on a budget

[The Eatwell Guide](#) - government recommendations on eating healthily and achieving a balanced diet

[Physical activity recommendations](#) on activity levels for 5 to 18-year-olds

[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](#) information to support children's emotional health and wellbeing

[Cost of living in Devon](#) help and advice for people living in Devon