Kent Community Health
NHS Foundation Trust

Private and confidential

Kent School Health Service
Central AdminTeam (CAT)
Trinity House,
110-120 Upper Pemberton,
Eureka Business Park,
Ashford,
Kent, TN25 4AZ
Phone: 0300 123 5205 Option 2 (9am to 5pm)
Email: kentchft.schoolhealthscreening@nhs.net
Web: https://family.kentcht.nhs.uk/

Thursday, 03 September 2026

Dear Parent/Carer

RE: National Child Measurement Programme (Reception-aged children)

Your child is invited to participate in the National Child Measurement Programme (NCMP) offered by Kent Community Health NHS Foundation Trust.

National Child Measurement Programme (NCMP)

Each year in England, school children in Reception have their height and weight measured at school as part of the NCMP. Height and weight measurements are used to calculate weight status. We collect this information because it builds a picture of how children are growing and helps plan better health and leisure services for families. This data also allows us to offer you further support and advice about your child's weight. We will be visiting schools throughout the academic year from September 2026 to July 2027

Measurements are completed by trained healthcare professionals. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

Your child won't have to take part on the day if they don't want to or are unable to do so. We will contact you to let you know if this happens. An individual child's measurements will not be shared with their school or any other agencies. The only data that is sent is anonymised. You can also be reassured they will not be discussed with your child.

The results are sent to you, so the decision whether to talk to your child about them is entirely yours. If you **don't** want your child to take part in the NCMP, you can opt them out of the programme using our online form opt out or phoning **0300 123 5205, option two by Friday 18th September 2026 .**You will need to provide us with your child's name, address, date of birth and school name for us to remove them from the programme.

More information on the programme, healthy lifestyles and advice on how to speak to your children about weight are available on the Kent Family website.

If you have any questions or wish to discuss any health concerns which could impact on your child's education, please contact the School Health Team using the details at the top of this letter.

If you would like more information about the Kent Community Health NHS Trust School Health services please visit Kent Family

Information about how Kent County Council and Kent Community Health NHS Foundation Trust collect and use information can be found at www.kent.gov.uk/about-the-council/information-and-data/access-to-information/gdpr-privacy-notices/education/national-child-measurement-programme-ncmp-privacy-notice

Yours faithfully

Kent School Health
Prevention, Inequalities & Childrens Services Directorate

Kent Family Website

Better Lives Healthier Families

Do you have feedback about our health services?

Phone: 0800 0304550
(currently only available 11am to 2 pm) Monday to Friday
Text: 07899 903499
Email: kentchft.pals@nhs.net
Web: www.kentcht.nhs.uk/PALS

Patient Advice and Liaison Service (PALS) Kent Community Health NHS Trinity House, 110-120 Upper Pemberton, Kennington TN25 4