



East Surrey Immunisation Service  
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Bonehurst Road  
Redhill, RH1 5EL

t: 0300 2470025  
e: [scfh.contact@hcrhcaregroup.com](mailto:scfh.contact@hcrhcaregroup.com)

2<sup>nd</sup> September 2025

Dear Parent/Carer

Height and weight checks for children in Reception and/or Year 6.

Each year in England, school children in Reception and Year 6 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. To find out more about the programme and how the data will be used, please visit [www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme/](http://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme/)

During the Autumn and Spring term members of the School Aged Immunisation and Screening team weigh and measure children fully clothed, except for their coats and shoes, in a private space away from other pupils.

This is a national opt out programme and if you do not wish your child to be measured please email the team as [scfh.contact@hcrhcaregroup.com](mailto:scfh.contact@hcrhcaregroup.com) putting in the email title **NCMP Opt Out and name of your child's school**. In the email please state your **child's name and date of birth or NHS number** to identify them and confirm that you wish to opt out of the measurement screening programme.

If you do not opt out the results will be sent to you via the contact details on our electronic system. If your child's measurements fall outside the normal range details of further support will be included in this communication.

If you do not receive your results please contact our advice line on 03002470025 option 3.

Children do not have to take part on the day if they do not want to.

Yours sincerely

School Aged Immunisation and Screening Team



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For more information about how to keep your family fit and healthy visit:



[www.nhs.uk/healthier-families/](http://www.nhs.uk/healthier-families/)

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