

September 2025

Dear parent or carer

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 registered school nurses or trained health and care 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.

In Bromley, parents can receive their child's measurement data via an online Parent Portal. You will need to follow the instructions towards the end of this letter, regarding registering on parent portal, to receive further information, results, or to opt your child out of screening and onward referrals. Your child's class will take part in this year's NCMP programme.

The date/s for your child's school is: 02/02/2026

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

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

Your child's measurements and information will be gathered and held securely by Bromley Healthcare. We will store your child's information on their health record and share it with their GP. All information and results will be treated confidentially.

How to access your child's results

In Bromley Healthcare, we use the Parent Portal, an electronic method, to communicate health information and results letters. In order to view your child's results, you will firstly need to register for a parent portal account.

What do I need to do?

1. Click the link below, this will take you to the registration landing page. Search by school name or school postcode.
2. If this is your first time using the parent portal, please click on "Register here". This will take you to the parent registration page, please complete it with all your details.
3. Once you have registered you will receive an email to confirm your account, and you can then log in to complete the form.
4. Check your email inbox to confirm your account
5. Log into the portal Login and fill in your child's information
6. Read the information provided (**at this point you can opt your child out of one or both of the screenings, if you wish to do so**), then **SUBMIT the form**
7. Once you are linked with your child's details, you can read further information about health programmes.

It's important that you keep hold of your Username and password for future logins so that you can access your child's results letters and information sent by the school health team

<https://bro018.schoolscreener.com/Portal/#/Bromley/g/Bh374>

When searching for the school using the link above, if your child's school name starts with St (Saint), please use the **dot** after St. when doing the search.

(Please note, the portal does not work with internet explorer)

Should you require further support, please contact our team, using the details above. If you require technical support for the Parent Portal, please contact the school screener support team at: parentsupport@schoolscreener.com.

There is a short YouTube video on “The Parent Portal Journey”, which you may find useful. Please copy and paste the link below on your web browser to watch the video.
youtube.com/watch?v=4F3cL0IQ4G8&feature=youtu.be

When will I receive my child’s results?

You will be notified by email when your child’s results are ready to be viewed in the Parent Portal, normally within six weeks from the day your child is measured, for NCMP results and within 5 working days, for vision screening. We will also send you general advice on healthy eating, being active and related activities available in your area. Parents will need to register for the Parent Portal in order to view their child’s results.

How you can withdraw your child from participating in the NCMP

If you do not wish for 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 by registering on the Parent Portal and opting your child out of screening (please see below).

Children will not be made to take part on the day if they do not want to.

Vision checks for children in Reception

Vision screening is recommended for children aged 4-5 years, in order to detect whether a child has reduced vision in one, or both eyes. This can often be corrected if found at a young age. If reduced vision is detected, your child will be referred to an orthoptist, or optician, for early assessment and treatment.

Does your child already see an orthoptist or optician?

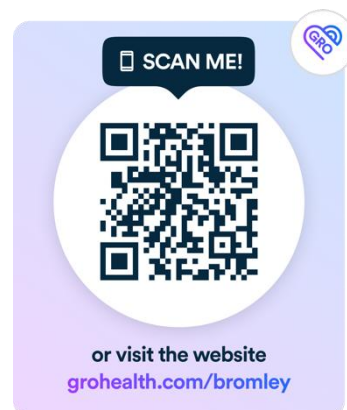
In order for us to ensure the best care for your child, it is helpful to know if he/she is seeing another eye specialist. Please let us know, on the Parent Portal, if this is the case.

What support is available for my child in Bromley?

If your child’s weight measures above the expected range for their age, sex and height, and is registered with a GP or lives in Bromley, they are eligible for FREE support through Gro Health.

Children who are screened as being above the expected weight for their age, sex and height, will be automatically referred to Gro Health, who will contact parents directly to offer tailored support and advice. **To opt your child out of a referral to Gro-Health, please register on the parent portal and select the opt-out option.** Please note that children can be opted-out of referrals to Gro-Health at any stage after screening. If you are unable to access the portal please email the screening team at bromh.BPSS@nhs.net.

Gro Health has been commissioned by the London Borough of Bromley Public Health and offers a free service for children and young people aged 2-18 years and their families. The service provides a tailor-made programme of support to help young people and their families build healthier lifestyle habits, whilst incorporating factors such as cost of living, a family approach and navigating barriers to living a healthier lifestyle. This is delivered on behalf of the local authority and can be accessed in-person or online.



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 the Parent Portal. 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 your GP, or the Bromley 0-19 Public Health Nursing service using the contact details above.

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](#).

Yours faithfully



Emma Herneman
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