Surrey School Aged Immunisation and Screening Service
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October 2026

Dear Parent/Carer

Re : Height and weight checks for children in Year 6 – (opt out system)

**** NEW DATE Tuesday 15th December 2026 ****

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 (NCMP). Height and weight measurements are used to calculate body mass index (BMI).

For further Information: **NCMP Programme**

During the Autumn term the School Aged Immunisation and Screening team will weigh and measure children fully clothed, except for their coats and shoes.

This is a **national opt out programme** so if you do not wish your child to be measured please email the team as scfh.immunisations@hcrgcaregroup.com putting in the title **NCMP Opt Out and school name**. 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 have already opted out, there is no need to do this again. The Surrey Child and Family Health team will already have this information from the previous date.*

If you do not opt out the results will be sent to you via your email. 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 team on the details above.

Children are not required to take part on the day if they choose not to.

Yours sincerely

School Aged Immunisation and Screening Team

For more information about our services, please visit **Services**

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

For more information about nutrition and physical activity visit**:** **Healthy Surrey**

Healthy Surrey

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