

National Child Measurement Programme (NCMP)

Information for schools to share with families - September 2023

Please share the following information with parents / carers in a school newsletter, via email, text and / or on the school website (there are some photos below that you could include too):

The National Child Measurement Programme (NCMP) - height and weight checks for children in Reception and Year 6

- The NCMP will soon be running in our school for children in **reception and year 6**.
- This involves health staff coming into school one day to do height and weight checks with each child.
- The measurements are conducted in a sensitive way, in a **private space** and away from other children.
- Children are measured fully clothed (coats and shoes off).
- Individual **results are not shared with your child or their school**.
- The weight and height information is shared only with the parent or carer in a letter.
- **These measurements will be taking place in our school soon (for those year groups). If your child is due to be measured you will receive a letter (via email) to explain more about it.**
- Have a look at this new **video** so you can see what happens:
[The National Child Measurement Programme - YouTube](#)
- If you have any **questions** please contact your local (North Yorkshire) NCMP team on:
nationalchild.measurementprogramme@nhs.net

More details (and other information) that you might like to include:

- The checks are carried out by trained health care providers, and are delivered in a COVID-safe way.
- Height and weight measurements are used to calculate weight status. This information is collected because it is in the public interest to understand how many children are overweight, healthy weight or underweight and so support and advice can be offered to parents.
- Once the measurements have been carried out, parents/carers get a letter with the results. They may also be contacted by the NCMP staff who will talk through their child's results and offer advice and support.
- If you are worried about your child's weight, growth or lifestyle, or your child would like some help with healthy eating and getting more physically active, please contact **Healthy Families – a new healthy living service for families in North Yorkshire**: active.health@brimhamsactive.co.uk or 01423 556106 [Healthy families – Brimhams Active](#)

If you are worried about your child's weight and growth, please have a look at:

[Children's weight - Healthier Families - NHS \(www.nhs.uk\)](#)

If you would like some information about cost saving ideas, free school meals, food banks, financial support etc. please go to: [Cost of living support | North Yorkshire Council](#)

Below are some images that you may wish to use in your communications information to parents/carers (they were taken in schools in North Yorkshire):



Healthy Families service is a remote **free, confidential 12-session programme** to fit around your family to support children and young people aged **4 - 19 years** in North Yorkshire, to achieve and maintain a healthy lifestyle.

Providing personalised support, your Health and Wellbeing Coach will guide you through your journey to keep you on track to achieve your healthy lifestyle goals.

Together we will explore a fully holistic approach to becoming more active and eating well by making small positive changes without breaking the bank.

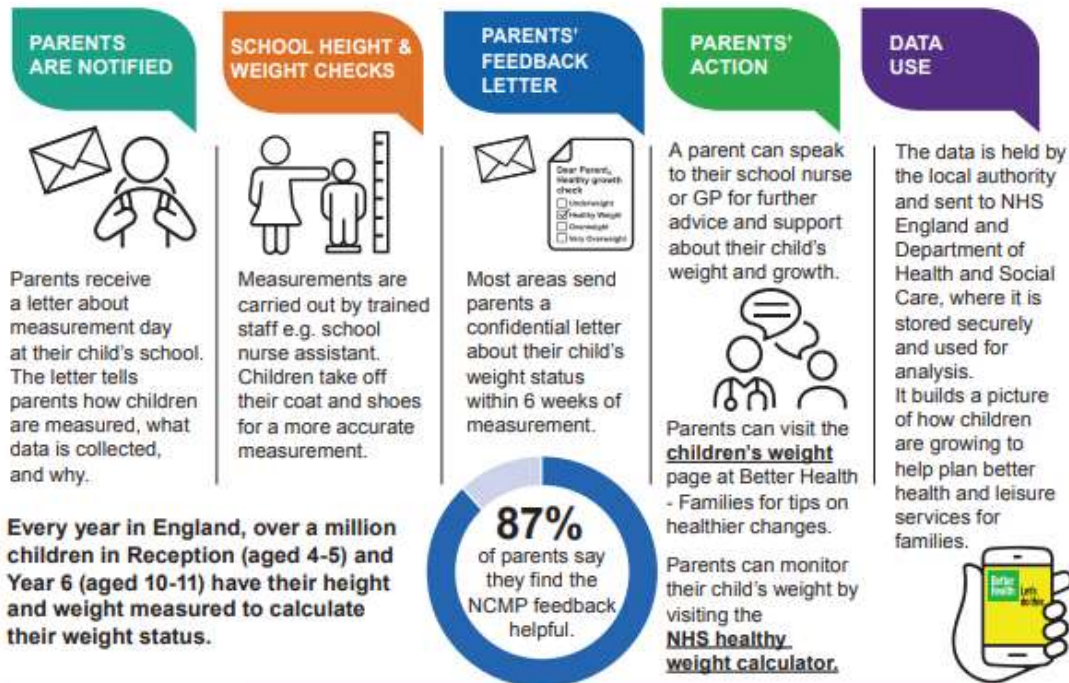


For more information please contact our Brimham's Active Healthy Families team on: **01423 556106** or via our email active.health@brimhamsactive.co.uk

www.brimhamsactive.co.uk/families **BRIMHAM'S** 

School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme



What we know from the data collected so far

- Most children in Reception and Year 6 are a healthy weight.
- Around one in ten children in Reception is very overweight. This doubles to one in five children by year 6.
- The number of very overweight children in Year 6 is increasing year on year
- Most children who are overweight in Reception will remain so or become even more overweight for their age by year 6 without action to achieve a healthier weight.

Because many children are overweight, we are all becoming used to seeing heavier children as the norm. It means we cannot always tell when a child is overweight. That is why many parents find it helpful to have an objective measurement of how their child is growing. More than 8 in 10 parents say this information is helpful and they can then make decisions about their child's lifestyle and wellbeing to make changes, or seek support if necessary.

Why achieving a healthy growth is important

When children are a healthy weight, they feel better about themselves. They find it easier to play and learn. And they are more likely to grow up healthy too. Helping them to be a healthier weight when they are a child can set up their health and wellbeing for life.

You can encourage the whole family to enjoy eating healthily and being active which will help your child achieve and maintain a healthier weight. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.