**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**](https://www.youtube.com/watch?v=k4dNC4yKNu4)
* If you have any questions please contact your local (North Yorkshire) NCMP team on: [nationalchild.measurementprogramme@nhs.net](mailto: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](mailto:active.health@brimhamsactive.co.uk) or 01423 556106 [Healthy families – Brimhams Active](https://www.brimhamsactive.co.uk/homepage/41/healthy-families)

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)](https://www.nhs.uk/healthier-families/childrens-weight/)

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](https://www.northyorks.gov.uk/community-and-volunteering/cost-living-support)

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):

 

 

**A poster with text and images

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