

# The Healthy Child Programme

Supporting the National Child Measurement Programme (NCMP)

Every 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). These measurements are used to check they're in their expected weight range. Your child's class will take part in this year's programme starting in September 2024.

Find out more about the National Child Measurement Programme:  
[www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme](http://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme)



## What happens in the child measurement programme?

The checks are carried out by members of the Healthy Family's Team. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. The programme will be delivered in a safe way in line with safety control measures for schools and healthcare. **If you are happy for your child to be measured, you do not need to do anything. If you wish to withdraw your child, please inform school via letter or email.**

## Where can I get help?

If you have any concerns with your child's growth, the Healthy Families Team is there for help and advice. **Please TELEPHONE: 0300 123 5436 or TEXT: 07520 619919.** The wellbeing of children and families is very important. Measurements are conducted sensitively, and your child's results will not be shared with teachers or other children. It is your choice if you share the information with your child.

## How do I find out my child's results?

You will not be notified of your child's measurement, if your child is within the expected weight range for their age. If your child is outside the range, you will receive a letter with your child's results. The weight and height information are shared only with you. The letter will include your child's measurements together with information about healthy eating, being active and related activities available in your area.

## Nutrition and Lifestyle Support

If you are interested in getting some support, FAB Families is a FREE service in Nottinghamshire designed to help you and your family with nutrition, exercise and lifestyles. **Visit the website: [www.yourhealthnotts.co.uk/healthy-families-fab/](http://www.yourhealthnotts.co.uk/healthy-families-fab/)**



Yours faithfully,

*Vivienne Robbins*

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