

## National Child Measurement Programme (NCMP) information for schools

### The National Child Measurement Programme (Height and weight checks for children in Reception and Year 6)

Every year in England, school children in Reception (aged 4-5 years) and Year 6 (aged 10-11 years) 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 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.

The checks are carried out by trained health care providers, and are delivered in a COVID-safe way. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

NCMP measurements are conducted in a sensitive way, in private and away from other children. Individual results are not shared with your child or their school. The weight and height information is shared only with you in the parent or carer feedback letter. It is your choice if you share the information with your child.

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.

**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 to explain more about it.**

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

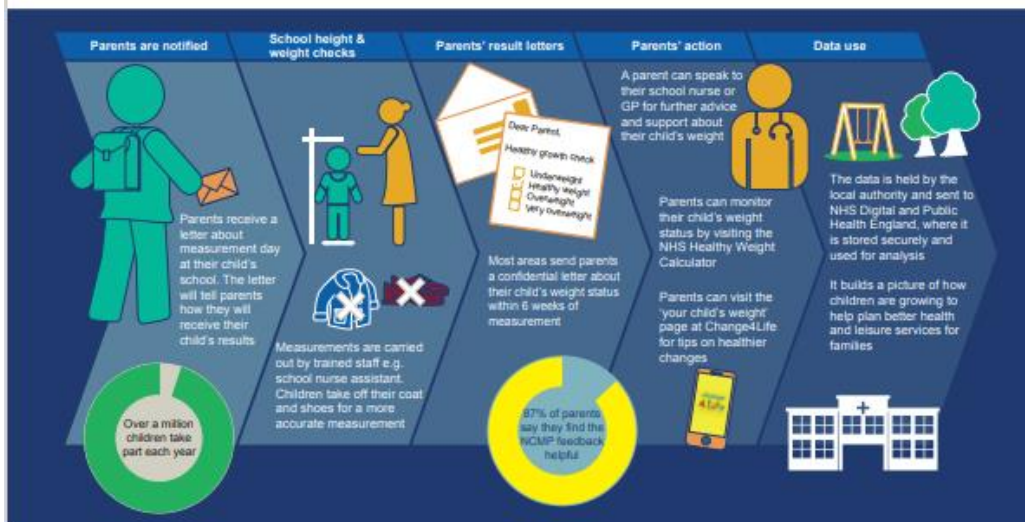
<https://www.northyorks.gov.uk/healthy-weight-support-children-young-people-and-families>

If you would like some information about cost saving ideas, free school meals, food banks, financial support etc. please go to: <https://healthyschoolsnorthyorks.org/parents/>



## 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 weight 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.