



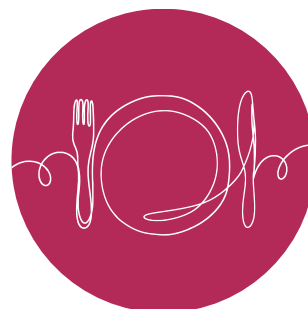
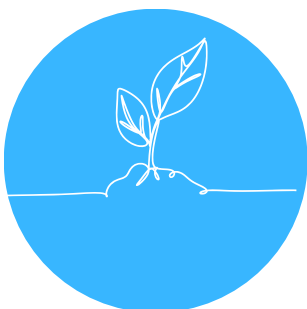
National Child Measurement Programme

HEIGHT & WEIGHT CHECKS FOR CHILDREN IN RECEPTION AND YEAR 6

What is NCMP?

Every year in England, children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP). Your child's class will take part in this year's programme. If your child is absent on the day, one further attempt will be made to complete this. Information about the way measurements are taken and how the data is used, can be found in the attached leaflet.

Data from the NCMP shows national and local trends in children's growth over time. It is important that we understand this, so that advice and information can be given to support children and their families. This data supports Durham County Council to work together with our families to ensure that we can all access healthier options and are able to move well as part of our daily lives.



After your child has been measured, there are two possible outcomes:

- If your child is growing as expected, you will not receive a letter. However, if you would like to receive your child's measurements please contact us.
- If your child is outside the healthy weight range, you will receive a letter which includes information about healthy lifestyles. We may contact you by phone to discuss their results and can offer you advice and support.

Some parents and carers may find receiving the letter upsetting and may feel:

SHOCKED
OR
CONFUSED

"I don't understand how he/she can be overweight, they eat healthy and exercise"
"Is it not because he/she is taller than other children?"

FEARFUL

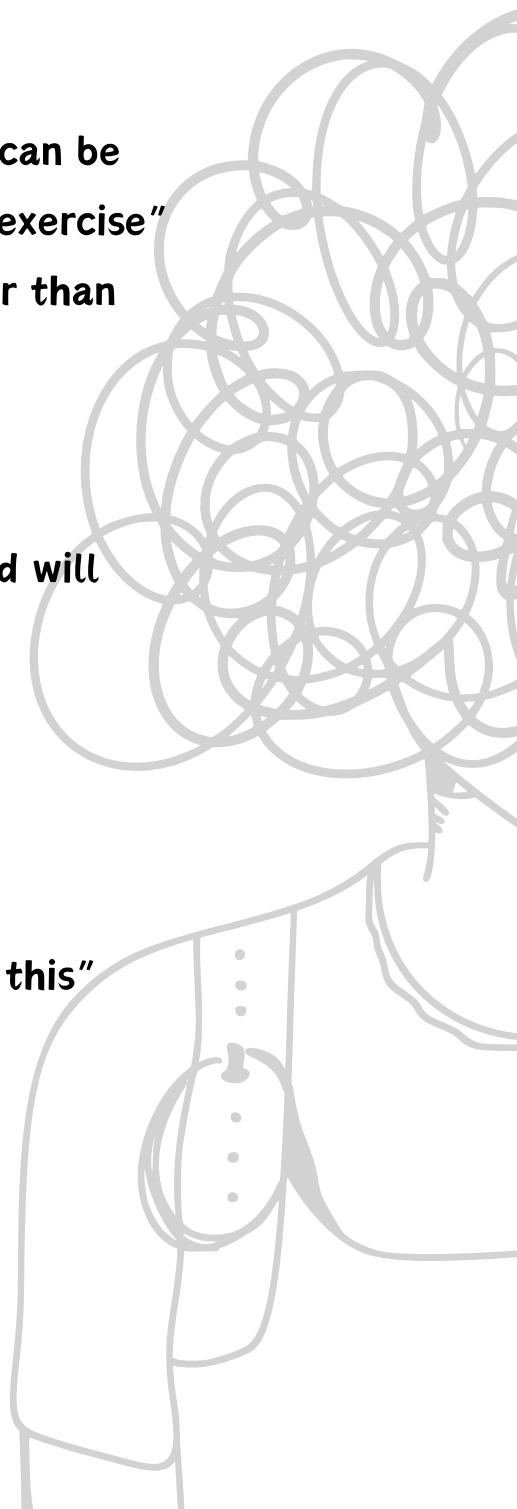
"I am scared that telling my child will give them an eating disorder"

ANGRY

"I find the letter offensive"
"It's wrong to label children like this"

GUILTY

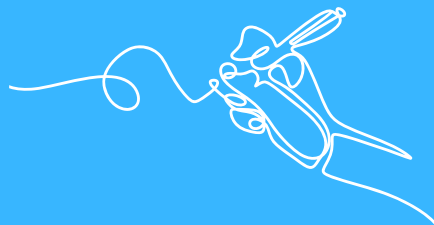
"Is it my fault?"
"Am I to blame?"



We understand that weight is a difficult subject for many of us. The results letter is simply a way of giving you information about your child's growth based on their screening measurements. We hope that this will help you to make informed choices to support your child's health and wellbeing.

Easy access to fast food and the cost of buying food can make it difficult for parents and carers to provide a healthy balanced diet to their children. If you want support or advice about growth and healthy lifestyles, you can call our health team on 03000 263 538.

If you are happy for your child to be measured, you do not need to do anything. Children will not be made to take part on the day if they do not want to.



If we do not hear from you within 2 weeks of this letter being sent, your child will be measured in school.

If you do not want your child to take part in the National Child Measurement Programme, please contact the Growing Healthy Service;

Via secure email - hdft.schoolscreeners@nhs.net
or Telephone; 03000 263538, option 1

Please ensure you include your child's name, school, date of birth and address in any correspondence.

USEFUL LINKS FOR FURTHER INFORMATION

Click to access or use QR codes



[NHS](#)

[The National Child Measurement Programme](#)



[Growing Healthy Durham](#)



hdftchildrenshealthservice.co.uk



03000 263 538 (9am-5pm, Mon- Fri)



Download our interactive Growing Healthy 0-19 app

