National Child Measurement Programme (NCMP)

Information for schools to share with families in North Yorkshire

September/October 2026

Please share the following information with parents / carers via the school newsletter, 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. As part of the programme, trained members of the Healthy Child Service team will measure your child's height and weight during the school day.

To ensure children feel comfortable and respected:

- measurements are carried out in a safe way by trained staff
- children are measured individually in a private area away from other pupils and school staff
- children remain fully clothed, except for their coats and shoes
- measurements are completed quickly, sensitively and confidentially
- Individual results are not discussed with children in school and are not shared with school

- When talking to children about these checks, staff and parents/carers are encouraged to refer to them as 'health checks' – they are about seeing how children are growing and developing.
- Following the measurements in schools, all parents/carers will receive a letter by email. Some families may also be contacted by the health staff with more information and to learn about local health and wellbeing support available to families.
- 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.
- Please have a look at this video so you can see what happens: NCMP process animation **NB. We use different communication methods (to what is mentioned in the letter).**
- If you have any questions please contact your local (North Yorkshire) NCMP team on: hdft.ncmp@nhs.net

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

If you are worried about your child's weight and growth, please speak to your GP or visit;

Children's weight - Healthier Families - NHS- NHS for more information.

You can find information and fun ideas to help your kids stay healthy at the NHS Better Health: healthier families webpage Easy ways to eat well and move more .

Another way to help maintain a balanced diet and physical activity for your family is the NHS Healthy Steps email programme. Sign up for the 8-week Healthy Steps emails and you will be sent lots of low-cost easy tips, fun games, healthy swaps and tasty recipes on a budget. You can sign up to NHS Healthy Steps - Healthy Steps - Step this way

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):



