



Nottinghamshire Healthcare  
NHS Foundation Trust

# National Child Measurement Programme

2024-2025



## A Toolkit For Schools & Settings

V4

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Share this toolkit  
with your team to  
ensure the NCMP visit  
runs smoothly.



# Lead Contacts & Contact Email:

[ncmp@nottshc.nhs.uk](mailto:ncmp@nottshc.nhs.uk)

## Ashfield Team

LUCINDA EVANS

## Bassetlaw Team

TRACEY WALKER

## Broxtowe Team

NICOLA BATCHELOR

## Gedling Team

JENNY LAUD

## Mansfield Team

TRACEY WALKER

## Newark & Sherwood Team

TRACEY WALKER

## Rushcliffe Team

JENNIFER LLOYD





# Our Teams

## Ashfield

- Sangeeta Purohit
- Sue Swain

## Bassetlaw

- Becky McCluster
- Diane Parker

## Broxtowe

- Rachel Hurst
- Eleanor Hardy
- Chantelle Ibbitt

## Gedling

- Julie England
- Shelley Whiteley
- Ella Winrow

## Mansfield

- Wendy Dyson
- Katy Yorke
- Polly Orwin

## Newark & Sherwood

- Emma Birkin
- Terri White
- Gemma Fell
- Olivia Harbottle

## Rushcliffe

- Sarah Hall
- Alex Whitaker
- Jodie Eyre
- Lynette Stones





# The National Child Measurement Programme (NCMP)



## What is the NCMP?

Every year in England, children in reception and in year group 6 will be invited to have their height and weight measured and recorded as part of the National Child Measurement Programme (NCMP).

## Why is it important?

The NCMP has been a mandatory function of Nottinghamshire County Council since 2013.

### Purposes:

- To provide surveillance data and feedback on the weight status of children (Reception and Year 6).
- To provide information to parents/carers on where they can access support and advice.
- Follows National Guidance with some scope to adapt locally.

## Current data

In 2022-2023, 21.3% of children in reception (aged 4-5 years) were overweight or living with obesity.



In 2022-2023, 35.9% of children in year 6 (aged 10-11 years) were overweight or living with obesity.



# How can you help?



## Partnership working

Working together can make the whole process successful for your school, your students, your families and us! We try and make the whole process as easy as we can. It is important that you share any information that will help the process run smoothly. We are always happy to listen.

If you are aware of any children and families within your school that require the NCMP letters translating in to another language please inform us via our NCMP email address: [ncmp@nottshc.nhs.uk](mailto:ncmp@nottshc.nhs.uk)

## The NCMP Process



# What happens?



## Booking our visit

Nottinghamshire County Council will notify your school of the intended NCMP visit and provide school with the letters that need to go out to your Parents at least 2 weeks prior to your NCMP session date. The NCMP Team will call to arrange a visit and a mop up visit that's right for your school. We appreciate you finding us a safe space in school to deliver the measurement checks. If you need to cancel your visit please contact us at your earliest opportunity and we will reschedule for you. The contacts for each team are at the front of this toolkit. You will receive confirmation and the NCMP pack when you book your session. If you require letters in alternative languages or formats, please let us know.



## Three weeks before our visit

A member of the NCMP team will contact you to ensure the letters have been sent to parents about the visit. This is a good time to put up any posters or share any resources.



## The week before our visit

A member of the NCMP team will contact school to confirm letters have been shared, check the class lists and answer any queries your school might have. Please collect any opt out letters to hand to the NCMP Team next week.



## On the day

The NCMP team will arrive 15 minutes prior to the session to set up their equipment and double check all the details with school. **They will ask for any opt out letters.** Children will be asked for and measurements taken. No details will be shared with adult or child. The data is inputted directly into the systems. Children are thanked and directed back to class/teacher.



## After our visit

The NCMP team will make arrangements to book in a 'mop up' date with your school to attempt to see any children that may have been poorly on the day or unable to participate for some reason. This is also a great opportunity to hand over the student feedback forms, where we can listen to any suggestions and feedback for next time.



# Simple Steps To Success

Working together is important to us. We hope to make the NCMP process as simple as we can. If you can offer suggestions as to how we can make it better, please let us know.

Ask children to remove their shoes prior to visiting the NCMP Team. Outside the room is great.

Ask children to remove any big jumpers or cardigans before being measured.

Allocate the NCMP team a space that causes less disruption in school. See page 18.

There are more resources to help at the end of the toolkit. Pages 13 - 28.

STEP





# School Timetable 2024 - 2025

Please find below the planned schedule for school visits during the 2024-2025 school year.

Please note this timetable may change . For the most up to date listing please contact your local NCMP Team.

Please note these dates are not negotiable, they have been set for the school year.

|                                                                                    |                   |                               |                                                                                       |
|------------------------------------------------------------------------------------|-------------------|-------------------------------|---------------------------------------------------------------------------------------|
|    | Broxtowe          | September to November 2024    |    |
|    | Mansfield         | November to December 2024     |    |
|   | Newark & Sherwood | November 2024 to January 2025 |   |
|  | Rushcliffe        | January to March 2025         |  |
|  | Bassetlaw         | February to April 2025        |  |
|  | Ashfield          | March to May 2025             |  |
|  | Gedling           | May to June 2025              |  |

# Resources for schools



There are many free resources we can access to support and promote key health messages in school. Why not have a look and see what resources would be useful in your school.

## Parent Survey (After NCMP Visit)

<https://app.onlinesurveys.jisc.ac.uk/s/nottshc/ncmp-parent-survey-2023-2024-duplicate-1>



## School Survey (After NCMP Visit)

<https://app.onlinesurveys.jisc.ac.uk/s/nottshc/ncmp-school-survey-2023-2024-duplicate>



A range of resources for schools and families at British Nutrition Foundation Resources

[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)



## Healthy Steps Programme

[www.healthysteps.betterhealth-healthierfamilies.co.uk/signup](http://www.healthysteps.betterhealth-healthierfamilies.co.uk/signup)



The Dairy Council UK produce free resources to download.

[www.dairycouncil.co.uk](http://www.dairycouncil.co.uk)



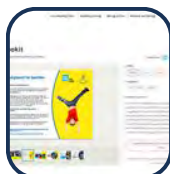
## School Zone curriculum linked resources

[www.campaignresources.phe.gov.uk/schools](http://www.campaignresources.phe.gov.uk/schools)



There are also lots of free resources to download and free physical resources for your school at:

[www.campaignresources.phe.gov.uk/schools/resources/2022-shake-up-toolkit](http://www.campaignresources.phe.gov.uk/schools/resources/2022-shake-up-toolkit)



## Our Healthy Year resources for children

[www.campaignresources.phe.gov.uk/schools/topics/our-healthy-year/overview](http://www.campaignresources.phe.gov.uk/schools/topics/our-healthy-year/overview)



# YOUR CHILD'S **FAB** HEALTH!

**FOOD, ACTIVITY, BALANCE**

**FREE SUPPORT & ADVICE FROM  
NUTRITIONISTS & PERSONAL TRAINERS**

**HELPING FAMILIES TO EAT WELL AND MOVE MORE**

**Parent/Carer Virtual Group  
1:1 Telephone Support  
Physical Activity Groups**

To find out more:  
Call us on 0115 7722515  
or scan the QR code



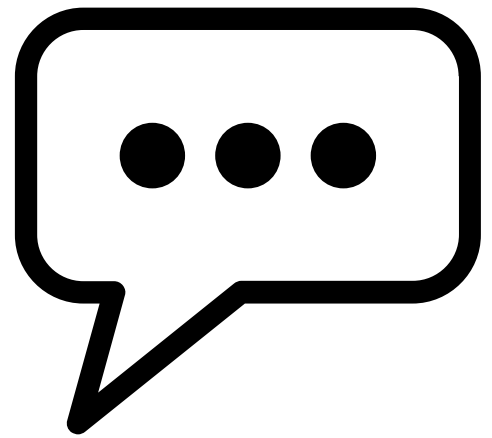
**Your Health  
Notts**





# Contact us

Have a question or would like to know more?  
We are always happy to help.  
Please contact us via your team, listed below.



**Ashfield Team**

LUCINDA EVANS



**Bassetlaw Team**

TRACEY WALKER



**Broxtowe Team**

NICOLA  
BATCHELOR



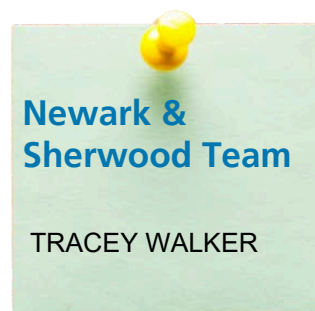
**Gedling Team**

JENNY LAUD



**Mansfield Team**

TRACEY WALKER



**Newark & Sherwood Team**

TRACEY WALKER



**Rushcliffe Team**

JENNIFER LLOYD





# Appendices

Please find below an array of resources to gain feedback from students. Feel free to print or photocopy and share with the NCMP Team. If there is anything missing, just let us know.

Alternatively, please use your own designs.

Please email any feedback forms to:  
[healthpromotioneam@nottshc.nhs.uk](mailto:healthpromotioneam@nottshc.nhs.uk)

Or post any feedback forms to:  
**The Health Promotion Team**  
**Stapleford Care Centre**  
**Church Street**  
**Stapleford**  
**Nottingham**  
**NG9 8DB**



"The Healthy Family Team may be able to contribute to EHCP requests and Annual reviews when actively working with your child/young person or where we have been involved within the last 12 months. Please inform your EHCP case worker or school SENCO if our input is required."



## The Healthy Child Programme

### Supporting the National Child Measurement Programme (NCMP)

#### Dear Family/Carer

Nottinghamshire Healthcare NHS Foundation Trust work closely with health, social and educational settings to maximise the health of our local children. Every year all children attending reception classes or in a Year 6 class in schools will be offered to have their height and weight taken (NCMP).



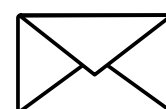
The measurements are carried out by members of the Healthy Family Team. Photos of the team are available in school. Children are measured with their clothes on, except for their outdoor coats and shoes, in a private space away from other pupils. The results are not shown or shared with the children or school.



You will receive a letter if your child is identified outside of the healthy weight boundaries: underweight or overweight. You will be offered FREE resources and services that may help your child be the healthiest version of themselves.



If you do not want your child to take part, or your child has a medical condition that affects their height or weight, please write in confidence to the school marking the envelope – for the attention of the Healthy Family Team and NCMP within 10 days of receiving this letter. You will need to include your child's name, date of birth, class, school and reasons for opting out.



If you have any concerns with your child's growth, **the Healthy Family Team** is there for help and advice.

**TELEPHONE: 0300 1235436**

**TEXT: 07520 619919**



The Healthy Family Team may be able to contribute to EHCP requests and Annual reviews when actively working with your child/young person or where we have been involved within the last 12 months. Please inform your EHCP case worker or school SENCO if our input is required.

# class Feedback

Please ask your students how they felt about the NCMP session today. Write the words in the space below.





# Student Feedback

Please draw a picture about being measured today.



School Name:

First Name:

# Year 6 Student Feedback

School:

First Name:

Were you frightened about  
being measured?

Was being measured quick?



Was there anything you did  
not like?

Is there anything we can do  
to make this process  
better?

Draw a sketch of you being measured today.







# Year 6 Postcard Handout

**NHS** Nottinghamshire Healthcare NHS Foundation Trust

**For Year 6 Students**

A little bit of exercise every day.

Regular sleep helps us to be healthy.

Keep sugary food and drink to mealtimes only.

The Health For Kids website has lots of useful information and games for children aged 5 - 11 years.  
Visit: [www.healthforkids.co.uk](http://www.healthforkids.co.uk)

SCAN ME

**NCMP: National Child Measurement Program**

**NHS** Nottinghamshire Healthcare NHS Foundation Trust

**For Year 6 Students**

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**NHS** Nottinghamshire Healthcare NHS Foundation Trust

**For Year 6 Students**

Every year, children in Reception and Year 6 have their height and weight measured at school. This is part of the National Child Measurement Programme (NCMP).

**This is what happens:**

Your family is notified by school that it is going to happen. Your family may give permission for this to happen.

Measurements are carried out by trained staff. You will be asked to take off your coat and shoes. Nobody can see your measurements. They go automatically into a machine. It all takes about 20 seconds. You can then return to class. If you have any worries you can talk to your teacher or the staff taking the measurements.

Your family may be invited to a healthy review at a later date.

**It is important to look after ourselves.**

Eat healthily.  
Plenty of fruit and vegetables.  
Exercise regularly.  
Walking, running, sports and other forms of exercise (dance, skipping etc).

Drink 6-8 glasses of water a day.  
Clean our teeth for 2 minutes twice a day - specially at night!

You can watch a video or animation about our NCMP visit here.

WATCH HOW

SCAN ME

WATCH VIDEO

SCAN ME

You can watch a video or animation about our NCMP visit here.

**NCMP: National Child Measurement Program**

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WATCH HOW

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WATCH VIDEO

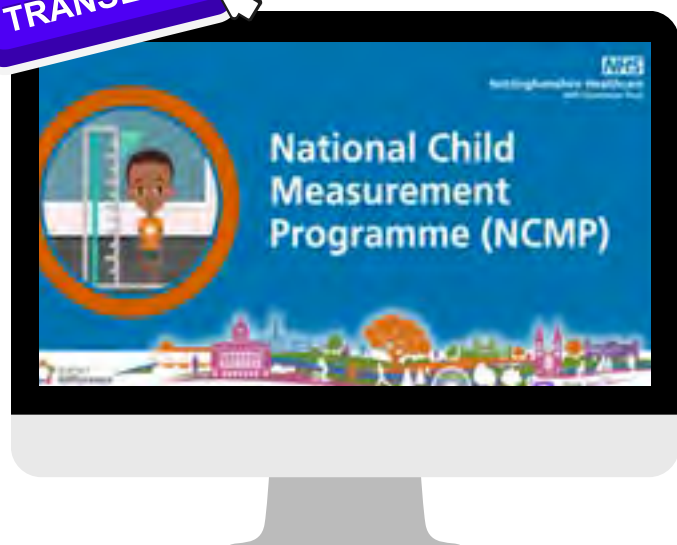
SCAN ME

You can watch a video or animation about our NCMP visit here.

**NCMP: National Child Measurement Program**



Can be auto-translated into 125 languages.



We have an  
NCMP video:

<https://www.youtube.com/watch?v=i9W3RH316IE>

SCAN  
ME



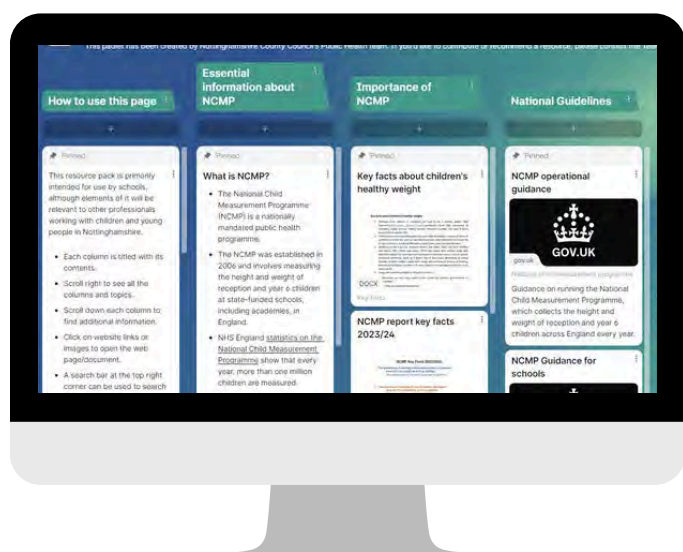
We have an  
NCMP animation  
for students:

<https://app.animaker.com/animation/EeVf16D8yggRuYdD/>

SCAN  
ME







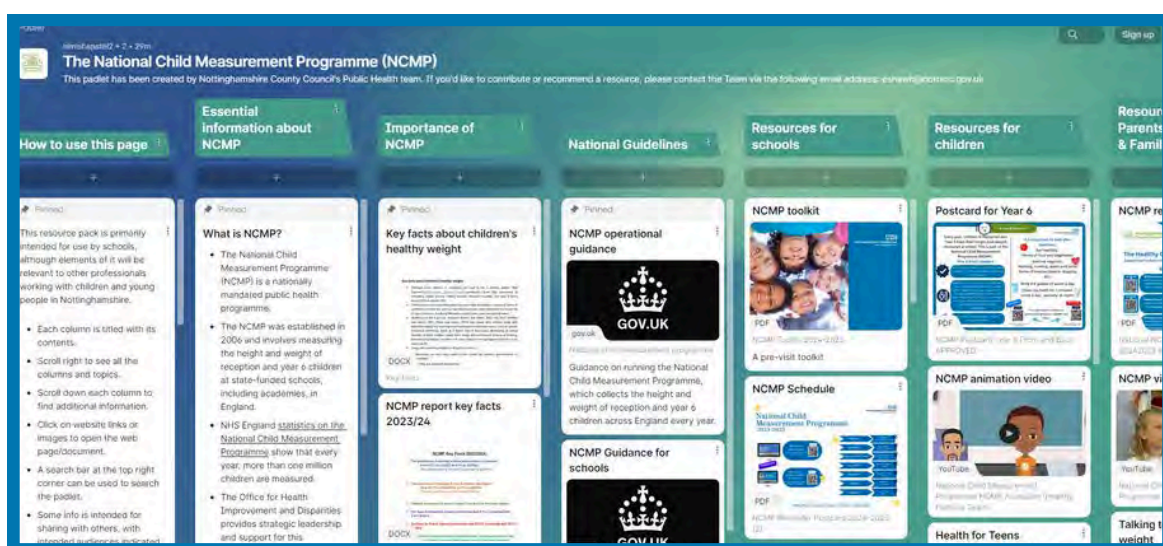
We have an  
NCMP Padlet:

SCAN  
ME



Padlet Link

[www.padlet.com/nimishapatel2/the-national-child-measurement-programme-ncmp-23vhwdsgmdjc54cl](https://www.padlet.com/nimishapatel2/the-national-child-measurement-programme-ncmp-23vhwdsgmdjc54cl)



NCMP Padlet



The room may look like this.

# NCMP Room Layout



You will need to take your shoes off.



You may line up outside the NCMP area.



The NCMP person will invite you in.



You will be asked your name.



You will have your height measured.



You will stand on some scales.

# NCMP Story Board





# Sangeeta and Sue



## Ashfield NCMP Team

# Diane & Becky



## Bassetlaw NCMP Team

# Eleanor, Rachel & Chantelle



## Broxtowe NCMP Team



# Julie & Gaynor



## Gedling NCMP Team

# Katy & Polly



## Mansfield NCMP Team

# Emma, Olivia, ★ Terri & Gemma



Newark & Sherwood  
NCMP Team



Alex,



Sarah & Jodie



Rushcliffe NCMP Team



# **NCMP**

## **CONSULTATION**

Invitation



**We invite your  
school to take  
part in an  
opportunity to  
shape the local  
National Child  
Measurement  
Programme  
(NCMP)**

**Thursday**

**6th March 2025**

All sessions are via  
Microsoft Teams

Session 1: 8.30 -8.45

Session 2: 12.15 -12.30

Session 3: 3.30-3.45

Please invite a member of  
staff to represent your school



To reserve a place, please email:  
[healthpromotionteam@nottshc.nhs.uk](mailto:healthpromotionteam@nottshc.nhs.uk)

For general enquiries, please email:  
[nimisha.patel@nottsc.gov.uk](mailto:nimisha.patel@nottsc.gov.uk)



# NCMP

## CONSULTATION

Invitation



Thursday

**15th May 2025**

All sessions are via  
Microsoft Teams

Session 1: 8.30 -8.45

Session 2: 12.15 -12.30

Session 3: 3.30-3.45

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For general enquiries, please email:  
[nimisha.patel@nottsc.gov.uk](mailto:nimisha.patel@nottsc.gov.uk)