

Reference: NCMP P/C Pre-Measurement [CCC]

Date: 19 April 2021



Public Health Directorate  
Box SH1108  
Shire Hall  
Castle Hill  
Cambridge  
CB3 0AP

Dear Parent/Carer,

### Height and weight checks for children in Reception and Year 6

Each year in England, school children in Reception and Year 6 usually 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. We collect this information because it is in the public interest to understand how many children have a healthy weight, are overweight or underweight. This helps the local authority and NHS to plan the provision of services and advice to support healthy weight and lifestyles for children and families in the area, such as family healthy lifestyle programmes. Due to the COVID-19 pandemic there has been a delay in starting the measurements this year. However, to ensure that we have some understanding of children's weight this year around 10% of schools in each Local Authority area will be asked to take part in the Measurement Programme. Public Health England (PHE) has recommended a number of schools our area, but **your child's school has not been selected** as part of this group. This means your child will not have their height and weight measured through NCMP programme this year.

Collecting measurements in all schools this year would have presented a significant challenge given the impact of COVID-19 and the amount of time remaining in the academic year. However, if time allows additional schools may be approached to request they take part, in which case we will be in contact again. The NCMP will recommence in full in the next academic year starting September 2021. We have included a list of resources to encourage healthy eating and physical activity to help support schools continue to promote the health and wellbeing of their pupils.

Further information about the NCMP can be found at [www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme](http://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme). Information and fun ideas to help your kids stay healthy can be found at [www.nhs.uk/change4life](http://www.nhs.uk/change4life).

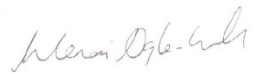
Support and advice for the whole family on how to eat well, sleep well and move more can be found through BMI Can Do It, the NHS-driven healthy living movement, at <https://www.bmicandoit.co.uk>

If you have any questions or would like any further information about the NCMP, please contact Susie Longford, Everyone Health NCMP Lead on 03330 050094 or [eh.ncmp.healthyyou@nhs.net](mailto:eh.ncmp.healthyyou@nhs.net). If you have any questions about the overall NCMP please contact Val Thomas, Deputy Director of Public Health, [val.thomas@cambridgeshire.gov.uk](mailto:val.thomas@cambridgeshire.gov.uk), 07884 183374.

Yours faithfully,



Dr Liz Robin  
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