

Dear Parent/Carer,

### **The National Child Measurement Programme (NCMP)**

The National Child Measurement Programme (NCMP) took place at your school today. A member of the school nurse team measured the height and weight of your child. Please be assured that measurements were conducted in a sensitive way, in private and away from other children, following national guidelines. The measurements have not been shared with your child, school staff or other children but will be sent to you in a confidential letter within six weeks.

The letter will provide you with important health information about your child, whilst the programme itself informs the planning and delivery of services that help children and families to lead healthy lives.

If your child's measurement is on or below the 0.4<sup>th</sup> Centile, you will receive an additional letter today, with further advice and guidance.





### **What the measurements mean**

The letter will include your child's height and weight measurements. To check if your child is below the expected weight range, growing as expected, or above the expected weight range for their age, sex and height, you can enter their height and weight into the NHS Body Mass Index (BMI) calculator. You could also plot their height and weight in their 'Red Book' to see how their growth may have changed since early childhood.

We know how important your child's health is to you and supporting their healthy growth. Children come in all shapes and sizes. BMI can be a useful tool that provides a snapshot of your child's weight in relation to their height, age, and sex. Research shows that being a healthy weight supports learning, confidence, and long-term health.

The decision of whether to talk to your child about the results is entirely yours. A guide at the end of this letter offers tips on how to have positive, supportive conversations about weight and body image. This guidance is for parents/carers of children of all shapes and sizes.

### **How can I find out more?**

Find out more about the NCMP process and BMI calculations	<a href="http://www.nhs.uk/live-well/healthy-weight/childrens-weight/national-child-measurement-programme/">www.nhs.uk/live-well/healthy-weight/childrens-weight/national-child-measurement-programme/</a>	
A short information video about the NCMP in Cornwall	<a href="https://www.youtube.com/watch?v=Wx4DScH3hPo">https://www.youtube.com/watch?v=Wx4DScH3hPo</a>	
Speak to a practitioner in healthy Cornwall about making healthy choices as a family	<a href="#">Healthy Eating and Healthy Weight - Healthy Cornwall</a> Or call 01872 324200	
Talking to children about weight: A guide for parents and caregivers of children aged 4-11 years	<a href="http://www.bath.ac.uk/publications/talking-to-your-child-about-weight-a-guide-for-parents-and-caregivers-of-children-aged-4-11-years/">www.bath.ac.uk/publications/talking-to-your-child-about-weight-a-guide-for-parents-and-caregivers-of-children-aged-4-11-years/</a>	

### **Other good places for information are:**

- 0-19 Health Advice Line: [hvsnadvice@cornwall.gov.uk](mailto:hvsnadvice@cornwall.gov.uk) or 01872 324261
- Chat Health Text line [Chat Health 5-19 A4 Poster.indd \(cornwall.gov.uk\)](#)
- Active Cornwall: [www.activecornwall.org](http://www.activecornwall.org)
- Better Health Healthier Families: [www.nhs.uk/healthier-families](http://www.nhs.uk/healthier-families)
- NHS website: [www.nhs.uk](http://www.nhs.uk)
- Your GP or Practice Nurse

Yours sincerely,  
Dhywgh hwi yn hwir

The NCMP Team  
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