

September 2023

Dear Parent / Carer

Height and weight checks for children in Reception and Year 6

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). The measurement programme provides information to help build an understanding of national and local trends in child weight. It is important to have a good understanding of how children are growing, so that the best possible advice and support can be provided for them and their families.

This year, your child's class will participate in the programme. However, due to the type of equipment used to measure children, only those who are able to stand unaided can be measured. From what the school has told us, we understand that your child may not be able to take part. We would therefore like to offer you an alternative arrangement. If you would like your child's height and weight to be measured, please contact your Healthy Families Team via school to arrange an appointment at your convenience.

If you would like more information on healthy lifestyles for families and tips on healthy eating and being active visit <https://www.nhs.uk/change4life/your-childs-weight/home>

Yours faithfully



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