

The Healthy Child Programme

Supporting the National Child Measurement Programme (NCMP)

Every year children in reception and year 6 will be offered the opportunity to have their height and weight taken. This quick and easy process takes place in school and is confidential. This resource is designed to help you as the class teacher support your students during the process.

Please note, your school will receive all the NCMP resources 2 weeks prior to the NCMP visit. Please ask to see the toolkit as all our latest resources are in the toolkit. If there is anything missing, please do let us know, we are always striving to make our resources better.

Working together, supporting the health and wellbeing of your students.

Before the NCMP visit.



Parents/carers receive a letter from school about the NCMP process coming into school. Parents/carers can opt out of NCMP.



Teacher to mention to students that the NCMP Team are coming into school to measure children.



Teachers may want to share the animation, video or toolkit resources with students and families.



If you have any concerns, please contact the Healthy Family Team. Details below.



To contact the NCMP/Healthy Family Team.

TELEPHONE: 0300 123 5436

TEXT: 07520 619919

Email: ncmp@nottshc.nhs.uk

Working together, supporting the health and wellbeing of your students.

On the day of the NCMP visit



Remind students what will happen. There are lots of resources to help in the Toolkit.



To speed up the process, please ask students to remove any coats and shoes, this can be done outside the NCMP room.



Line the children up in alphabetical order, if this is possible. We appreciate this might not be possible for younger children.



Let the NCMP team know if anyone is off school or you need help with anything.



DONT FORGET



We have an NCMP video:
<https://www.youtube.com/watch?v=i9W3RH316IE>



We have an NCMP animation for students:

<https://youtu.be/1SHpqk4Ce4A?feature=shared>



Can be auto-translated into 125 languages.

Useful Contacts

Health For Under Fives Website

This website offers an engaging and interactive way for families, carers and professionals to learn about health. It links to appropriate health and wellbeing services.

Facilitated by
The Healthy Family Team.

SCAN ME

Health For Kids Website

This website offers a fun, engaging and interactive way for children to learn about health. It links parents and children to appropriate health and wellbeing services.

Facilitated by
The Healthy Family Team.

SCAN ME

Health For Teens Website

A health website for young people aged between 11 and 19 years. It links young people and families to appropriate health and wellbeing services.

Facilitated by
The Healthy Family Team.

SCAN ME

ChatHealth

A free confidential text messaging service for young people aged 11-19 years living in Nottinghamshire.

Facilitated by
The Healthy Family Team.

Text:
07507 329952

Advice Line

For parents, carers and healthcare professionals who want to speak to the Healthy Family Team for advice or support.

Monday to Friday,
9am to 4.30pm

Facilitated by
The Healthy Family Team.

Call:
0300 123 5436

Parentline

A free confidential text messaging service for families with children aged 0-19 years living in Nottinghamshire.

Facilitated by
The Healthy Family Team.

Text:
07520 619919

SEND

Special Educational Needs and Disabilities

Nottshelpyourself
www.nottshelpyourself.org.uk
0300 500 80 80

SCAN ME

Ask Us
www.askusnotts.org.uk
0300 500 80 80

SCAN ME

**HEALTHY FAMILY TEAM
ADVICE LINE:
0300 123 5436**

The Healthy Family Team may be able to contribute to EHCP requests and annual reviews when actively working with your child/young person for up to 18 weeks before their next review/assessment.

Useful information

ChatHealth

A free confidential text messaging service for young people aged 11-19 years living in Nottinghamshire.

Text:
07507 329952

ADVICE LINE

A free confidential telephone service for families with children aged 0-19 years living in Nottinghamshire.

TEL:
0300 123 5436

Parentline

A free confidential text messaging service for families with children aged 0-19 years living in Nottinghamshire.

Text:
07520 619919

CHILDLINE

Call: 0800 1111
Visit: www.childline.org.uk



SEND

Notts Help
Yourself Website

a site for advice, NST drop in information information with local services available in Nottinghamshire.



www.nottshelpyourself.org.uk

ORAL HEALTH

How to find a dentist and oral health information.

Visit NHS Choices
www.nhs.uk



HEARING

Free hearing tests are available for all children under 16 and for young people under 19 in full-time education.

www.nhs.uk/conditions/hearing-tests/



EYE HEALTH

Free NHS sight tests are available at opticians for all children under 16 and for young people under 19 in full-time education.

www.nhs.uk/nhs-services/opticians/free-nhs-eye-tests-and-optical-vouchers/



COMMUNICATION

Do you have any questions or concerns about your SPEECH or communication ? Contact the Speech and Language Therapy Team.

CALL:
0300 123 3387
OPTION 1

CONTINENCE

ERIC is a national charity with lots of information, support and resources to help bladder and bowel health.



HEALTH FOR KIDS

A free health website for children and families living in Nottinghamshire.

www.healthforkids.co.uk



FAMILY HUBS

Family Hubs aim to make a positive difference to children, young people and their families by providing joined up, local services.

www.nottinghamshire.gov.uk



HEALTHY EATING ADVICE

For information about healthy eating try...

www.nhs.uk/healthier-families/

www.nhs.uk/eat-well

www.healthforunder5s.co.uk

HEAD HEALTH

There are many ways families can support their child's mental health.

www.nhs.uk/every-mind-matters



SLEEP

If you are worried about sleep, visit ...

www.healthforkids.co.uk

www.lullabytrust.org.uk

www.thesleepcharity.org.uk

www.healthforunder5s.co.uk

Parentline: 07520 619919

Call your GP

HEALTH AND WELLBEING

YOUR HEALTH NOTTS is a FREE healthy eating and wellbeing support for families.

TEXT:

FAMILY to 62277

Call: 0115 7722 515