



Nottinghamshire Healthcare
NHS Foundation Trust

National Child Measurement Programme

2026 - 2027



A Toolkit For Schools & Settings

Contact Email:
ncmp@nottshc.nhs.uk

Issued September 2026 -0866/EN/V1/1125/CH

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NEW

! IMPORTANT

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



Lead Contacts & Contact Email:

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

Contact Email:
ncmp@nottshc.nhs.uk



Ashfield

- Sangeeta Purohit
- Sue Swain
- Natalie Campbell

Bassetlaw

- Becky McCuster
- Diane Parker

Broxtowe

- Rachel Hurst
- Eleanor Hardy
- Chantelle Ibbitt

Gedling

- Julie England
- Shelley Whiteley
- Ella Winrow

Mansfield

- Wendy Dyson
- Polly Orwin
- Vicky Rodgers

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 The Healthy Child Programme, which supports 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 2023 to 2024, 22.1% of children in reception (aged 4 to 5 years) were overweight or living with obesity (boys 22.2%, girls 21.9%).



In 2023 to 2024, 35.8% of children in year 6 (aged 10 to 11 years) were overweight or living with obesity (boys 38.1%, girls 33.5%)



Data supplied by Nottinghamshire County Council



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 into another language please inform us via our NCMP email address:

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 lots more resources to help at the end of the toolkit. Pages 13 - ??????.

STEP



School Timetable 2026 - 2027

Please find below the planned schedule for school visits during the 2026-2027 school year.

Please note this timetable may change. For the most up to date listing please contact your local NCMP Team: ncmp@nottshc.nhs.uk

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

	Gedling	October to November 2026	
	Rushcliffe	November 2026 to January 2027	
	Bassetlaw	January to February 2027	
	Ashfield	January to March 2027	
	Broxtowe	March to May 2027	
	Newark & Sherwood	April to June 2027	
	Mansfield	May to July 2027	

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://forms.office.com/e/BdBxctChVc>



School Survey (After NCMP Visit)

<https://forms.office.com/e/WmBTKCFdDz>



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

www.foodafactoflife.org.uk



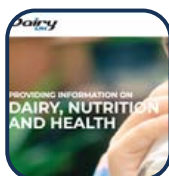
Healthy Steps Programme

www.healthysteps.betterhealth-healthierfamilies.co.uk/signup



The Dairy Council UK produce free resources to download.

www.dairycouncil.co.uk



School Zone curriculum linked resources

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



Our Healthy Year resources for children

www.campaignresources.phe.gov.uk/schools/topics/our-healthy-year/overview





FAB SCHOOL ROADSHOW

FREE Six-Week Healthy Eating and Physical Activity Programme for Your School

Nottinghamshire County Council
Nottingham and Nottinghamshire Integrated Care Board



FAB SCHOOL ROADSHOW

6-weeks of engaging, one-hour sessions designed to promote healthy eating, physical activity, and mental wellbeing.

Topics We Cover:

- The Importance of Fruit & Vegetables
- Hydration & Sugary Drinks
- Physical Activity
- Farming & Where Food Comes From
- The Eatwell Guide
- Healthy Snack Choices

Programme Highlights:

- Over 80% try a new fruit or vegetable!
- 100% of children say they learnt something valuable.

We'd love to bring the FAB Roadshow to your school
Get in touch to learn more and book your place!

yourhealth.notts@ablhealth.co.uk
yourhealthnotts.co.uk
0115 772 2515

Call: 0115 772 2515

Email: yourhealthnotts.co.uk



ACTIVE EXPLORERS

6 WEEKS FREE CLUB

Age 5-12 years

THIS SPRING

EXPLORING NEW ACTIVITIES AND HEALTHY FOOD EVERY WEEK!

WEST NOTTS COLLEGE, CAULDWELL RD, NG18 5BP

FRIDAYS 3:30-4:30PM
STARTING 17TH APRIL FOR 6 WEEKS

SIGN UP HERE!

Call us on 0115 7722515
YOURHEALTHNOTTS.CO.UK

Nottinghamshire County Council



FAB FOOD EXPLORERS

A FREE 3-week selective eating workshop for 2-4 year olds

Allowing children to explore new foods, create healthy snacks and learn the importance of fruit and vegetables

Sign up using the QR code!

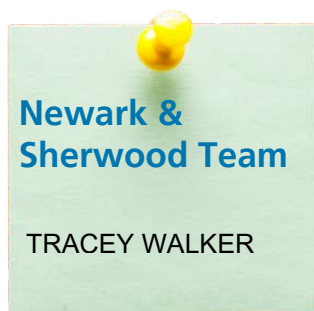
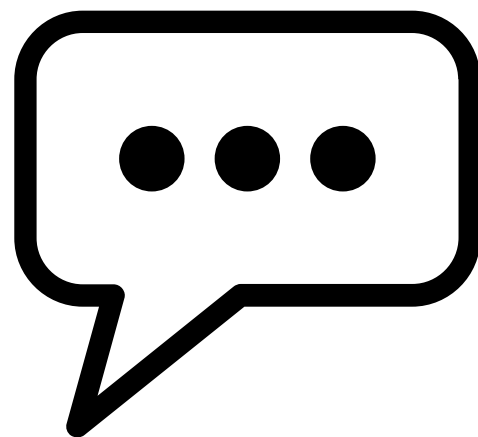
Nottinghamshire County Council
www.yourhealthnotts.co.uk

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.

Contact Email: ncmp@nottshc.nhs.uk



Appendices

Please find below an array of resources to support NCMP in school. 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:
healthpromotionteam@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).



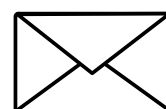
The measurements are carried out by members of the Healthy Family Team. Photos of the team are available in school. Children are measured with their clothes on, except for their outdoor coats and shoes, in a private space away from other pupils. The results are not shown or shared with the children or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

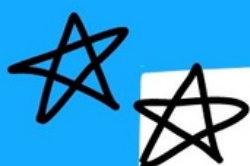
class Feedback

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

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.](https://www.gov.uk/watch/ncmp)

[WATCH VIDEO](https://www.gov.uk/watch/ncmp) [SCAN ME](https://www.gov.uk/watch/ncmp)

[WATCH NOW](https://www.gov.uk/watch/ncmp) [SCAN ME](https://www.gov.uk/watch/ncmp)

<https://www.gov.uk/watch/ncmp>

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[WATCH NOW](https://www.gov.uk/watch/ncmp) [SCAN ME](https://www.gov.uk/watch/ncmp)

<https://www.gov.uk/watch/ncmp>

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

www.healthforkids.co.uk

[SCAN ME](https://www.healthforkids.co.uk)

<https://www.healthforkids.co.uk>

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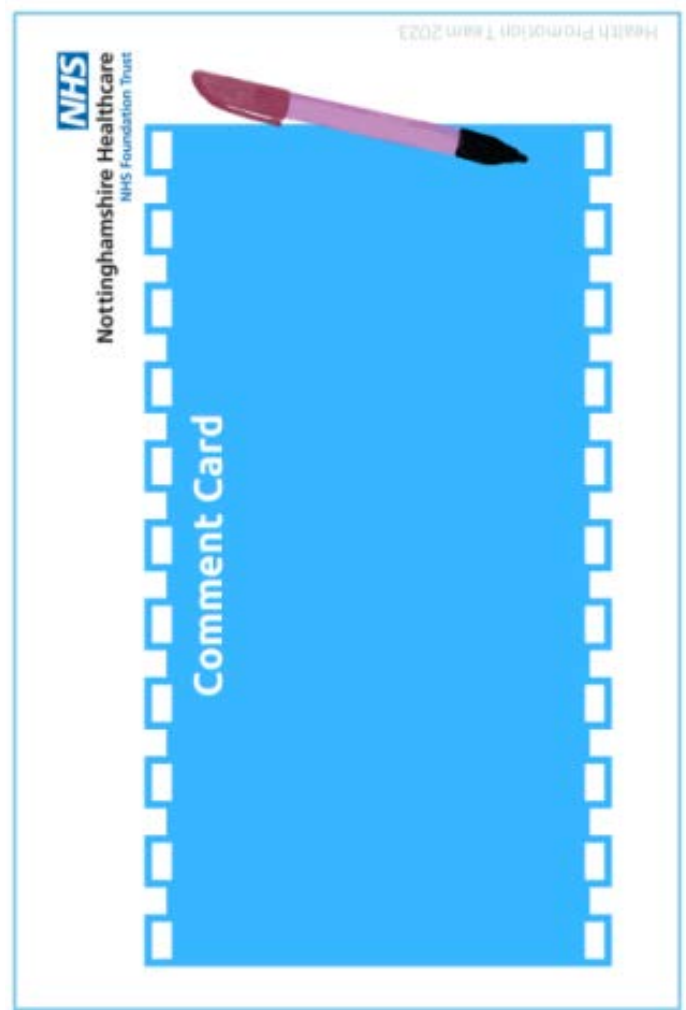
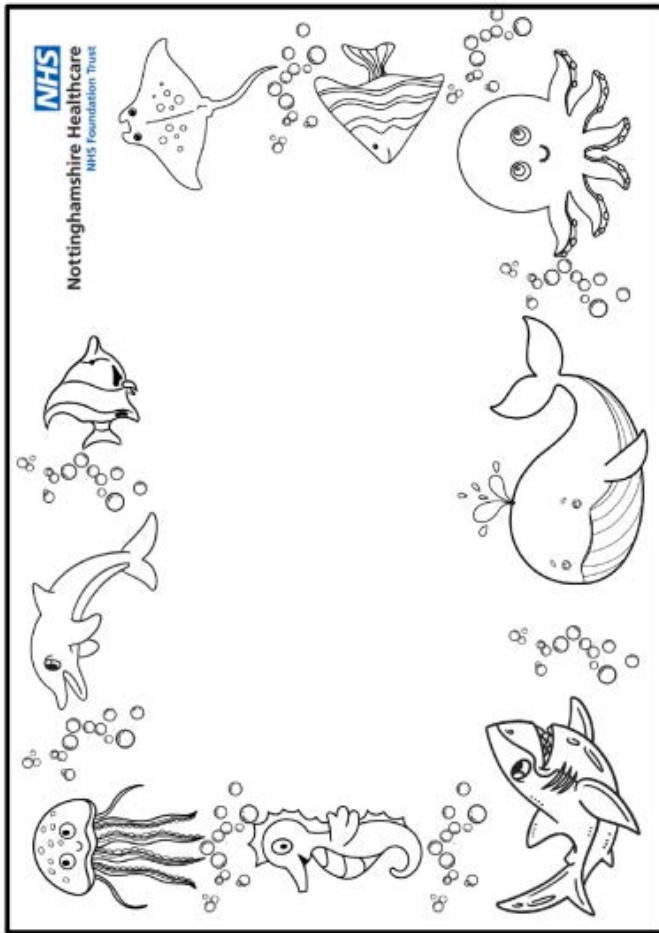
www.healthforkids.co.uk

[SCAN ME](https://www.healthforkids.co.uk)

<https://www.healthforkids.co.uk>

NCMP: National Child Measurement Programme

NCMP: National Child Measurement Programme



Student Feedback Cards

TRANSLATE



We have an
NCMP video:
To be inserted

SCAN
ME



Can be auto-translated into 125 languages.

TRANSLATE

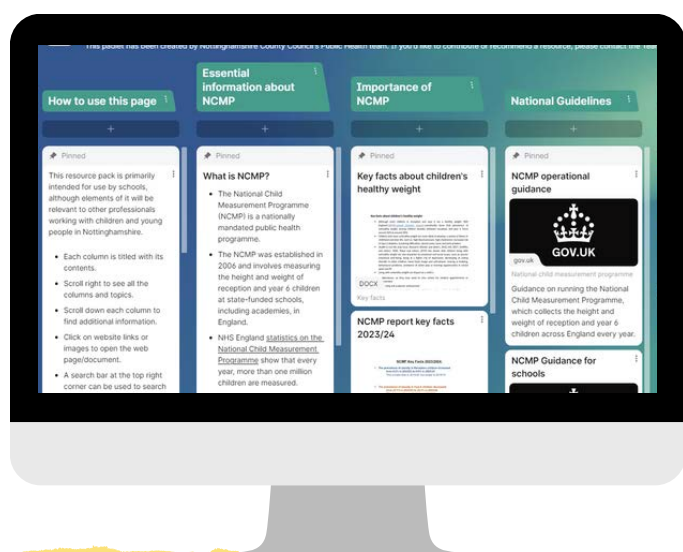


We have an
NCMP animation
for students:

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

SCAN
ME





We have an
NCMP Padlet:

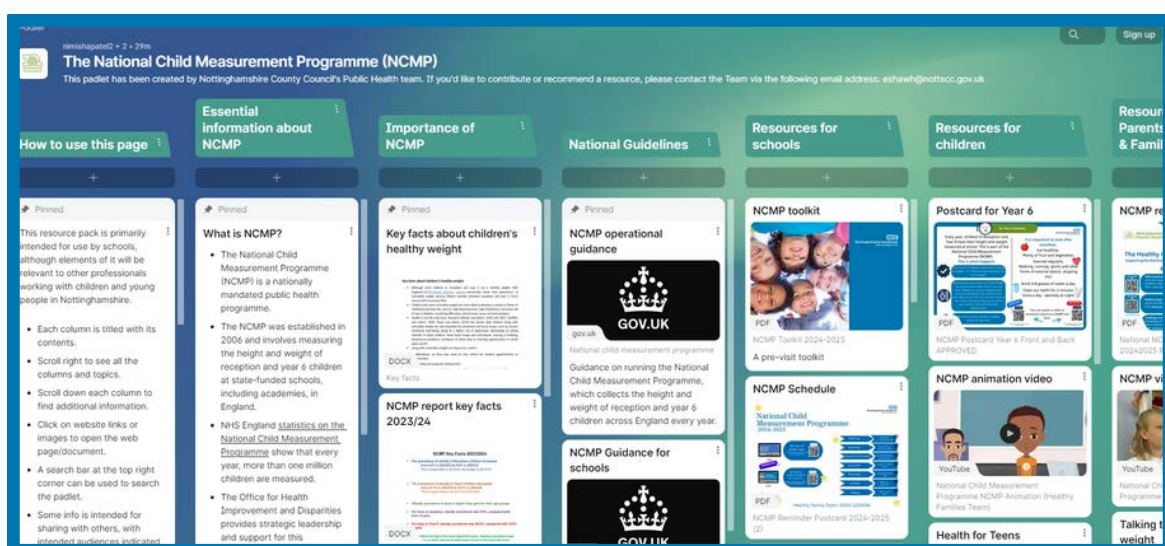
SCAN
ME



Padlet Link

LOOK!

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

Contact Email: ncmp@nottshc.nhs.uk

Diane & Becky



Bassetlaw NCMP Team

Contact Email: ncmp@nottshc.nhs.uk

Eleanor, Rachel & Chantelle



Hello

Broxtowe NCMP Team

Contact Email: ncmp@nottshc.nhs.uk

Julie & Gaynor



Hello

Gedling NCMP Team

Contact Email: ncmp@nottshc.nhs.uk

Katy & Polly



Hello

Mansfield NCMP Team

Contact Email: ncmp@nottshc.nhs.uk

Emma, Olivia, Terri & Gemma



Hello

Newark & Sherwood NCMP Team

Contact Email: ncmp@nottshc.nhs.uk

Alex, Sarah & Jodie



Hello

Rushcliffe NCMP Team

Contact Email: ncmp@nottshc.nhs.uk



SCHOOL HEALTH

SHOWCASE

Invitation

Monday 9th

November 2026

All sessions are via

Microsoft Teams

Session 1: 12.15pm

Session 2: 3.30pm

Please invite a member of
the School Team to attend.



**We invite you to
come to an online
showcase, to see
everything the
School Health
Team can do for
your school!**

Together, we can!



To reserve a place, please email:
healthpromotionteam@nottshc.nhs.uk

For general enquiries, please email:
ncmp@nottshc.nhs.uk



SCHOOL HEALTH

SHOWCASE

Invitation

Wednesday 20th
January 2027

All sessions are via
Microsoft Teams

Session 1: 12.15pm

Session 2: 3.30pm

Please invite a member of
the School Team to attend.

**We invite you to
come to an online
showcase, to see
everything the
School Health
Team can do for
your school!**

Together, we can!



To reserve a place, please email:
healthpromotionteam@nottshc.nhs.uk

For general enquiries, please email:
ncmp@nottshc.nhs.uk



SCHOOL HEALTH

SHOWCASE

Invitation

Wednesday 12th
May 2027

All sessions are via
Microsoft Teams

Session 1: 12.15pm

Session 2: 3.30pm

Please invite a member of
the School Team to attend.

We invite you to
come to an online
showcase, to see
everything the
School Health
Team can do for
your school!

Together, we can!



To reserve a place, please email:
healthpromotionteam@nottshc.nhs.uk

For general enquiries, please email:
ncmp@nottshc.nhs.uk

Family handout

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. If your child appears outside the expected range of height or weight, you will be offered the opportunity to discuss this with your local Healthy Family Team, who can signpost local services if appropriate, to support your child's health and wellbeing journey.

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

The NCMP Process



Parents/carers receive a letter from school about the NCMP process coming into school.



Measurements are carried out in school. They are confidential. Coats and shoes will be taken off for a more accurate measurement.



You will receive a letter if your child appears **outside** the expected range of measurement.



Parents/carers can talk to the Healthy Family Team for guidance and support.



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

TELEPHONE: 0300 123 5436

TEXT: 07520 619919

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 ESNCP requests and annual reviews when actively working with your child's educational needs.

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



Making a
Difference

Trust Honesty Respect Compassion Teamwork

Issue Date: 1.9.26 - 0847/EN/V1/1125/CH



September 2025 – July 2026

NCMP Newsletter

The Healthy Child Programme



Nottinghamshire Healthcare
NHS Foundation Trust



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 The Healthy Child Programme, which supports the National Child Measurement Programme (NCMP).

Contacts

Healthy Family Team is there for help and advice.

TELEPHONE: 0300 1235436

TEXT: 07520 619919

EMAIL: ncmp@nottshc.nhs.uk



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.



Nottinghamshire
County Council

Issued July 2026-0859/EN/V1/1125/CH



1/2

Resources to help...



We have an NCMP video:

<https://www.youtube.com/watch?v=I9W3RH316IE>

SCAN ME



TRANSLATE



We have an NCMP animation for students:

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

SCAN ME



We have an NCMP Padlet:

www.padlet.com/nimishapatel2/the-national-child-measurement-programme-ncmp-23vhwdsgmdjc54cl

SCAN ME



Dates 2026-2027

Newark & Sherwood	September to November 2026	✓
Ashfield	November 2026 to January 2027	✓
Rushcliffe	January - February 2027	✓
Bassetlaw	February - March 2027	✓
Mansfield	March - May 2027	✓
Gedling	April - June 2027	✓
Broxtowe	May - July 2027	✓



Our Year 6 postcard informs students about the programme and gives tips on health and wellbeing.



Our new parent and carer handout, explains more about what we do in school in a simpler format.



Tell us how we can help...

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



Making a
Difference

Trust Honesty Respect Compassion Teamwork



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

On the day of the NCMP visit



National Child
Measurement
Programme



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**



TRANSLATE



We have an
NCMP video:

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

**SCAN
ME**



TRANSLATE



We have an
NCMP animation
for students:

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

**SCAN
ME**



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
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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 completion and annual reviews when working with your local authority. For more information, please contact your local authority.

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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



Making a Difference

Trust Honesty Respect Compassion Teamwork



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. If a child appears outside the expected range of height or weight, families will be offered the opportunity to discuss with the local NCMP Practitioners, who can signpost local services if appropriate, to support every child's own health and wellbeing journey.

Please contact: ncmp@nottshc.nhs.uk

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

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SCAN ME 



Useful information - Parents Evening

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FAMILY to 62277
Call: 0115 7722 515

National Child Measurement Programme (NCMP) offered once a year to children in year 6 and in reception. For any queries, please contact the NCMP Team. Email: ncmp@nottshc.nhs.uk