

# National Child Measurement Programme (NCMP)

## Information for schools to share with families in North Yorkshire

January 2026

### The National Child Measurement Programme (NCMP) - height and weight checks for children in Reception and Year 6

- The NCMP will soon be running in our school for children in [reception and year 6](#). This involves health staff coming into school one day to do height and weight checks with each child.
- The measurements are conducted in a sensitive way, in a [private space](#) and away from other children. Children are measured fully clothed (coats and shoes off).
- When talking to children about these checks, staff and parents/carers are encouraged to refer to them as 'health checks' – they are about seeing how children are growing and developing.
- Individual [results are NOT shared with your child or their school](#).
- Following the measurements in schools, all parents/carers will receive a letter by email. Some families may also be contacted by the health staff (e.g. via text message/phone call/letter) to offer additional information and support.
- These measurements will be taking place in our school soon (for those year groups). If your child is due to be measured you will receive a letter (via email) to explain more about it.
- Please have a look at this [video](#) so you can see what happens:  
[The National Child Measurement Programme - YouTube](#)
- If you have any [questions](#) please contact your local (North Yorkshire) NCMP team on:  
[hdft.ncmp@nhs.net](mailto:hdft.ncmp@nhs.net)

#### More details (and other information) that you might like to include:

- The checks are carried out by trained health care providers and are delivered in a safe way.
- Height and weight measurements are taken as part of the NCMP. This information is collected because it is in the public interest to understand how our children are growing and developing, and also so we know how many are underweight, a healthy weight, or are above a healthy weight, so that support and advice can be offered to parents.

If you are worried about your child's weight and growth, please speak to your GP or visit;

[Children's weight - Healthier Families - NHS](#) for more information.

You can find information and fun ideas to help your kids stay healthy at the NHS Better Health: healthier families webpage [Easy ways to eat well and move more](#).

Another way to help maintain a balanced diet and physical activity for your family is the NHS Healthy Steps email programme. Sign up for the 8-week Healthy Steps emails and you will be sent lots of low-cost easy tips, fun games, healthy swaps and tasty recipes on a budget. You can sign up to NHS [Healthy Steps - Step this way](#) webpage.

If you would like some information about cost saving ideas, free school meals, food banks, financial support etc. please go to: [Cost of living support | North Yorkshire Council](#)

