



Department for Children, Adults and Health

## Supporting Healthy Lifestyles: The National Child Measurement Programme

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). 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.

Height and weight measurements provide valuable, robust information which enables us to have a good understanding about children's weight status, trends in our area and in our schools. It also helps to guide the planning and delivery of children's services.

The School Health Nursing Service (SHNS) will measure children's height and weight, record it privately and keep it confidential. No individual measurements will be given to school staff or other children.

In term one your school will provide you with a letter with further details about the programme and supporting information. As research has shown that parents want to receive their child's result, parents/carers of both Reception and Year 6 pupils will receive their child's results unless they withdraw.

More information about healthy lifestyles for all the family is available on the Live Well section of the NHS Choices web site: [www.nhs.uk](http://www.nhs.uk) and on the Change4Life web site at: [www.nhs.uk/change4life](http://www.nhs.uk/change4life)

## Healthy habits for healthy children at home and school

We all want to grow up to be happy and healthy. But it can sometimes be hard to know how. Here are 8 easy tips to help you to keep feeling great. How many ways are you changing?

1. **Sugar swaps** – Swap sugary drinks for water, milk or unsweetened fruit juice
2. **Meal time** – Aim for 3 main meals a day
3. **Me size Meals** – Eat portion sizes that are the right size for your age
4. **Snack check** – When buying packaged snacks, look for 100kcal, two a day max
5. **5 a day** – Try to eat 5 portions of fruit and vegetables each day
6. **Cut back fat** – Make meals more healthy by changing how they are prepared and cooked
7. **60 Active Minutes** – Spend at least 60 minutes walking, playing sport, running around or playing outside every day
8. **2 hours max for screen time** – Jump up and do something more active after sitting still for a while