

The Healthy Child Programme

Supporting the National Child Measurement Programme (NCMP)
2025-2026

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 expected weight range for their age, sex and height. 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: 03001235436

TEXT: 07520619919

