



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).



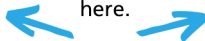
Drink 6-8 glasses of water a day.

Clean our teeth for 2 minutes twice a day - specially at night!



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


You can watch a video or animation about our NCMP visit here.




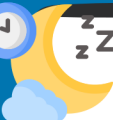


<https://app.animaker.com/animo/Eevf16D8yggRuYdD/>






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/nottinghamshire

SCAN ME



NCMP: National Child Measurement Program