

The National Child Measurement Programme (NCMP)

Wigan School Nurse Service FAQ's, top tips and services

What is NCMP ?

The NCMP measures the height and weight of children in Reception Class and Year 6. The information is used by the NHS and local authorities to plan and provide better services for children.

What happens on the day?

Trained staff will weigh your child and measure their height while they're in their clothes at school. The measurements are taken sensitively and in a private area. The school will not receive any individual results.

Why do they take the measurements?

The body mass index (BMI) measure used by healthcare professionals is a good way of finding out whether a child is a healthy weight. This measurement is an important way of checking how your child is growing.

By comparing your child's weight with their age, height and sex, we can tell whether they're growing as expected.

This is something you may have done when your child was a baby using the growth charts in the Personal Child Health Record (red book).

Once your child's BMI has been calculated, they'll be in one of four categories:

Underweight under 2nd centile

Healthy Weight 2nd – 91st

Overweight above 91st centile

Very overweight above 98th centile

About **1 in 5** children in Reception Class are overweight or obese, rising to **1 in 3** in Year 6. Because the number of overweight children has gradually increased in recent years, we have slowly become used to it.

It can be difficult to tell if your child is overweight as they may look similar to other children of their age. By recording their measurements, we can get an accurate picture.

Research shows that if your child is overweight now, they're more likely to be overweight as an adult, which can lead to health problems in later life.

We don't share the results with children and parents do not need to share the result either but we do hope that parents will use them as an opportunity to consider healthy changes.

Why healthy lifestyle is important?

When children live a healthy lifestyle, they find it easier to play and learn and they are more likely to grow up healthy too. Helping them to have a healthy lifestyle when they are a child can set up their health and wellbeing for life.

What can we do to be healthy?

Weight is sometimes a sign of other health issues and may need to be explored. If you are concerned you can contact your School Nurse, GP or Let's Get Movin' (contact details below)

Weight is not the only indicator of health, healthy lifestyle changes can improve a persons health overall even if weight does not change.

Forming good habits early can really make a difference to the quality of life we lead now and in the future.

Can you work as a team in your house hold to make some healthy changes?

- **Physical activity** - children should be active for at least 60 minutes a day. This can be playing games, walking, and can be broken down into 10minutes at a time.
- **Portion sizes** - even if we eat really healthy foods, eating more than we need can affect our health. See our portion size guide to help give the right amounts.
- **Make healthy swaps** - Look for healthier options and limit unhealthy snacks, takeaways & fizzy drinks
- **Manage Screen time** -count up how many hours of screen time your family has. Set some limits or ground rules involve children and get all family members to agree to it.
- **Good quality sleep** helps our body and brain to recover, helps us concentrate and absorb new information, manage our mood and our appetite. Try to stick to a regular bedtime, turn off screens 1 hour before bed.

Is there any support?

Wigan Council Be Well service provides families with support in maintaining a healthy weight. Our Let's Get Movin' programme is free and offers tailored 1

to 1 support for those children identified as above the 91st centile and familys can access group exercise sessions, swimming, gym program's, mentoring and easy to follow nutritional support for the whole family.

Phone:

01942 828812
(call to book your FREE activities)

Email:

wellbeing@bewellwigan.org

Website:

www.wigan.gov.uk/BeWell

Further information

Easy ways to eat well and move more

www.nhs.uk/change4life
Children's weight and NCMP

www.nhs.uk/healthier-families/childrens-weight/

Walking and exploring your local communities in Wigan

www.wigan.gov.uk/Resident/Parking-Roads-Travel/Travel/Walking.aspx

Contact Us

School Nursing team are here to support and anser any questions please leave your child's name, date of birth, school they attend, your telephone number and a brief message.

Wigan Health Centre – 01942 482111

Worsley Mesnes Health Centre –
01942 483739

Hindley Health Centre – 01942 483889

Leigh Health Centre - 01942 483558

Tyldesley Health Centre - 01942 483008

Email Address:

wwl-tr.wwlschoolnursingncmp@nhs.net
@WWL_SchoolNursing

Child Portion Sizes

Here's a handy guide to portion sizes for children.

Your child's hand is a useful way to measure portion sizes.

Palm = 1 portion of protein

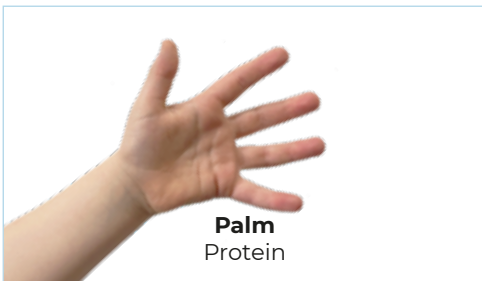
Handful =

1 portion of fruit, veg or starchy foods

Teaspoon =

1 portion of oil or low-fat spread

As your child grows, this is still the best guide to portion sizes - adults too



Dairy and Milk Cheese

Age 1 to 5+

Hard cheese 15g - 20g or 1 tablespoon
Soft cheese 20g - 25g (one triangle is 18g)

Milk

Age 1 to 4:

100ml - 150ml of whole milk or semi skimmed from age 2 (if a good eater)

Age 5+:

130ml - 150ml of semi-skimmed milk

Yoghurt

Age 1-4: 60g

Age 5+: 100g-125g

TOP TIPS



Use smaller plates and bowls for children's meals as we can be tempted to fill bigger plates and bowls with larger portions.



Avoid encouraging children to clear their plates, instead let them decide when they have eaten enough.



Slow down mealtimes – this gives the brain time to realise you feel full.

Food Group	What foods are included?	How much each day?
Fruit & Veg	Fresh, frozen, canned or dried fruit or veg. Fruit juice.	At least 5 portions a day of different fruit and veg. Limit fruit juice to one portion of up to 150ml a day.
Carbs (starchy foods)	Bread, crumpets, pasta, rice, tortilla wraps, pitta bread, potatoes, crackers, cereal, noodles & porridge.	1 or 2 portions with each of the 3 main meals per day, plus up to 2 snacks
Protein	Beef, pork, lamb, mince, fish, chicken, quorn, eggs, nuts & baked beans.	2 portions a day (3 for vegetarians) Try to include some oily fish like mackerel or salmon.
Milk & Dairy	<p>If you are continuing to breastfeed your child then there is no need to supplement or replace breast milk until you choose to stop breastfeeding. If you do choose to offer other milk:</p> <p>age 1-2: 3-4 portions a day (mainly whole (full fat) milk)</p> <p>age 2-4: 2-3 portions a day</p> <p>age 5 & over: 3 portions a day</p> <p>See overleaf for more details about portion sizes. If your child has an allergy to dairy food, please see your health professional for guidelines. If using dairy free alternatives Check the labels to ensure they are Calcium fortified.</p>	
Oils & Spreads	Vegetable oil, olive oil, rapeseed oil, low fat spreads	One teaspoon

Saturated Fats and Sugars

We don't need these in our diet. If you do give these to your child, keep to a minimum and only as an occasional treat.

Staying Hydrated

Water is a good choice throughout the day as it hydrates without providing extra calories or risking harm to teeth.

Age 1 to 2, the main source of liquid should be milk/breastmilk as at this age children need the calories.

This leaflet is basic guidance for ages 1 and over. For more information and guidelines on introducing solid foods see links below or contact your Health visitor.

Start4Life Introducing Solid-Foods pdf:
<https://bit.ly/3a8DmDd>

www.nhs.uk/start4life