

Your Growing Healthy Team are here for all children and young people, providing support, encouraging healthy lifestyles and protecting those who are most vulnerable.

05 March 2025

Dear Parent/Carer,

### Height and Weight Checks in Reception and Year 6 – the National Child Measurement Programme

As you may be aware, we have recently undertaken height and weight checks in school as part of the National Child Measurement Programme (NCMP). We would like to say **THANK YOU** to all of the schools and families/children who took part – the programme gives us some **really important information about the growth and health of our children**, which helps us to better plan our health services and support (both nationally and locally).

This letter is being sent to ALL parents in school, in reception and year 6, regardless of whether the children took part. We wanted to share some information with all families, to give tips, ideas and information to support a healthy and active lifestyle. And to direct you to other services, support and information if needed. For the children whose measurements showed that they were either underweight or above a healthy weight, they will also receive a phone call/text/letter to offer some extra information and support.

#### ***Why is it important to keep an eye on how my child is growing and developing?***

Seeing how your child is growing and developing for their age, gender and height can help you to understand how their health may be affected. When a child is within the healthy range for their age, it can prevent health problems like high blood pressure and the early signs of type 2 diabetes as they grow up. It can also help them to have better overall health, wellbeing and self-confidence.

#### ***What if my family would like some ideas and support for achieving a healthy lifestyle?***

- You could contact the FREE **Healthy Families (soon to be called Healthy You) service** which supports families in North Yorkshire over a number of months to make small changes to their lifestyles, all from the comfort of their homes. Email or call now to book your place!  
[active.health@northyorks.gov.uk](mailto:active.health@northyorks.gov.uk) 01423 556106
- Visit [Children's growth - Healthier Families - NHS](#) for handy tips such as ideas for **enjoying moving more**, or **healthy food swaps**.
- 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. Scan the QR code or visit [Healthy Steps - Step this way](#) to sign up.



- Children need to be active for at least an hour every day. If you are doing this already, that's brilliant. It is a good idea to mix moderate activity like brisk walking with vigorous activity like running or fast cycling. For ideas on how and where to get active go to: <https://www.northyorkshiresport.co.uk/participate> and <https://northyorkshireconnect.org.uk/>
- Have a look at <https://thegoto.org.uk/> for ideas to support **mental health and wellbeing**.
- Get ideas for **saving money and cooking on a budget** at: [Cost Saving > Healthy Schools North Yorkshire](#)
- Supporting your child to have **healthy gums and teeth** - Healthy gums and teeth are also part of a healthy lifestyle. Simple advice available at [Children's teeth - NHS](#) will help your child have healthy gums and prevent tooth decay.

- If you have concerns or are worried about your child's health and wellbeing please contact your family doctor.

I would like to thank you for taking the time to read this letter. Please do take advantage of the free support and advice on offer.

Yours sincerely,

Family Health Assistants, NCMP Team

P.S. If you have any thoughts you would like to share about your or your child's experiences of taking part in the NCMP in North Yorkshire, please email Helen Ingle, Public Health Manager from North Yorkshire Council's Public Health team: [helen.ingle@northyorks.gov.uk](mailto:helen.ingle@northyorks.gov.uk)

# Top tips to keep your family healthy and happy



<p><b>Sugar</b></p> <p>Swaps</p>	<p>Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks.</p>	<p><b>Me-sized</b></p> <p>Meals</p>	<p>Remember kids are smaller than adults so give them a smaller portion to begin with, if they're still hungry they'll ask for more.</p>
<p><b>Snack</b></p> <p>Smart</p>	<p>Sugary snacks can all add up! Fruit and veg are a good snack choice, but if the kids are having packaged snacks, just remember to aim for 2 a day max.</p>	<p><b>Eating</b></p> <p>Out</p>	<p>When eating out look for child-friendly options that include fruit and vegetables. Try to avoid bigger portion sizes such as "go large" or "supersize" deals.</p>
<p><b>Get going</b></p> <p>Every day</p>	<p>Kids need 60 active minutes each day. This can be in short 10 minute bursts throughout the day. Try scootering to school, skipping to the shops, or dancing to a song. Keep track of screen time - many parents find it helpful to set a daily limit.</p>		

Want more tips to help your kids stay healthy?  
 Search Better Health Families

# Better Health Families is here to help

Search Better Health Families for lots of:

- Easy tips
- Healthier snack ideas
- Tasty recipes
- Easy lunchbox ideas
- Fun activities

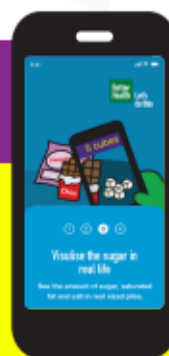


... and much more! Plus, if you sign up to our newsletter, you'll be the first to hear about all the latest hacks, competitions and special offers. Millions of families are making healthier changes with their children - you can too!

Want to know what's really inside your food and drink?



See for yourself and download our FREE Food Scanner app to find healthier options. Use the 'traffic light' labels to choose more greens and ambers, and cut down on reds.



We're on [Facebook](#) and [Instagram](#) too @betterhealthfamilies and want to hear from you!