



30th March 2021

Dear Head Teacher,

**Re: Height and weight checks of Reception and Year 6 children as part of the National Child Measurement Programme (NCMP) for the collection year 2020 to 2021**

I am writing to update you on the recent decision made regarding the National Child Measurement Programme (NCMP) for the academic year 2020/21.

Following the recent reopening of schools, the Secretary of State for Health and Social Care via Public Health England (PHE) has requested that local authorities use the remainder of the academic year to collect a **representative sample of data**. The sample size will be 10% of children in the local area, constructed via selection of schools. This will enable a national estimate of children's weight status (including obesity prevalence) for 2020/21 and contribute towards assessing the impact of the COVID-19 pandemic on children's physical health.

In agreement with the 0-19 Public Health Commissioner for Cornwall and the Isles of Scilly, the School Nursing Team will be collecting our representative sample, weighing and measuring both reception and year 6 pupils. The NCMP sampling will commence after the Easter Holidays, undertaken with the safety of all those involved being the priority.

**How will we know if our school has been chosen for sampling?**

Schools have been selected by Public Health England to enable collection of a representative sample of children measured in England in terms of deprivation and ethnicity mix. If your school has been selected for the programme, we will be in touch to discuss arrangements for the measurements to take place at your school and will work with you to comply with your risk assessment for visitors.

**Information for parents**

School health checks are carried out on an 'opt out' basis. Health screening booklets were sent to schools to hand out to Reception and Year 6 parents in the Autumn Term. These booklets contain the 'opt out' form, plus lots of useful information for families. Please ensure that parents have received this information. Contact [NCMP@cornwall.gov.uk](mailto:NCMP@cornwall.gov.uk) if you require more booklets.

I have included a list of resources to encourage healthy eating and physical activity to help support schools continue to promote the health and wellbeing of their pupils.

Collecting measurements in all schools this year, would have presented a significant challenge given the impact of COVID-19 and the amount of time remaining in the academic year. The NCMP will recommence in full in the next academic year starting September 2021.

If you have any queries, please speak with your school nurse or contact [NCMP@cornwall.gov.uk](mailto:NCMP@cornwall.gov.uk).

Yours sincerely,

**Shelley Jamieson**

Public Health Practitioner, NCMP Lead  
Cornwall Council

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### **Resources to encourage healthy eating and physical activity**

- **Healthy Cornwall.** Eating well is an important part of maintaining good health for your whole family, and can help everyone to feel their best: <https://www.healthycornwall.org.uk/>
- **'Our Healthy Year'** resources to help encourage healthy habits during a child's first year at school and to help older kids build on the habits they need for secondary school and for life: <https://campaignresources.phe.gov.uk/schools/topics/our-healthy-year/overview>
- **School Zone offers** curriculum-linked resources and inspiration to help teach children about healthy eating and being active: [www.nhs.uk/c4lschools](http://www.nhs.uk/c4lschools)
- **Change4Life English and Maths teaching resources and whole-school materials** that support teachers to educate pupils about how much sugar is in their everyday food and drink, to support them and their families to make healthier choices: <https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/overview>

### **Resources to encourage physical activity**

- **Active Cornwall.** This webpage has been designed as a portal, linking to the different elements of PE and School Sport and some of the latest news. <http://activecornwall.org/children-young-people-families>
- **What works in schools to increase levels of physical activity in children and young people.** A resource for head teachers, college principals, staff working in education settings, school nurses, directors of public health, county sports partnerships and wider partners. [www.gov.uk/government/publications/what-works-in-schools-to-increase-physical-activity-briefing](http://www.gov.uk/government/publications/what-works-in-schools-to-increase-physical-activity-briefing)
- **Active mile briefings.** A guidance document that provides information about the evidence on active mile initiatives, ideas for how to implement them and examples of practice. <https://www.gov.uk/government/publications/active-mile-briefings>
- **Healthy Rating Scheme.** A self-assessment tool for schools to rate their food education, compliance with the school food standards, time spent on physical education and the promotion of active travel. [www.gov.uk/government/publications/healthy-schools-rating-scheme](http://www.gov.uk/government/publications/healthy-schools-rating-scheme)
- **School Sport and Activity Action Plan.** A cross-government action plan to provide pupils with greater opportunity to access 60 minutes of sport and physical activity every day. [www.gov.uk/government/publications/school-sport-and-activity-action-plan](http://www.gov.uk/government/publications/school-sport-and-activity-action-plan)
- **Active School Planner.** A free-to-use interactive tool for schools to review and improve the physical activity offer to their pupils: [www.activeschoolplanner.org/](http://www.activeschoolplanner.org/)
- **Change4Life Sports Clubs** which can help contribute to all children getting at least 30 minutes of physical activity in every school day: [www.yourschoolgames.com/how-it-works/change4life/](http://www.yourschoolgames.com/how-it-works/change4life/)

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- **School Games.** Inspiring millions of young people across the country to take part in appropriate competitive school sport. [www.yourschoolgames.com/](http://www.yourschoolgames.com/)
- How to invest in **sport premium** funding to increase physical activity levels: [www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools](http://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools)
- Guidance on direct allocations of the **Healthy Pupils Capital Fund** to local authorities and multi-academy trusts: [www.gov.uk/government/publications/capital-allocations](http://www.gov.uk/government/publications/capital-allocations)
- Chief Medical Officer's **physical activity guidelines** fact sheet for 5 to 18-year-olds: <https://www.gov.uk/government/collections/physical-activity-guidelines>
- **The Daily Mile.** A simple and free initiative to encourage children to run/walk/jog for 15 minutes every day: [www.thedailymile.co.uk/](http://www.thedailymile.co.uk/)

#### **Resources to encourage healthy eating**

- **School Food Plan training resource** to help all school staff understand the importance of a good school food culture: [www.schoolfoodplan.com/actions/teacher-training/](http://www.schoolfoodplan.com/actions/teacher-training/)
- **The Eatwell Guide.** A tool used to define government recommendations on eating healthily and achieving a balanced diet: [www.gov.uk/government/publications/the-eatwell-guide](http://www.gov.uk/government/publications/the-eatwell-guide)  
The [Eatwell Guide image](#) and [Eatwell Guide booklet](#) are included in the list of resources.
- **Let's Get Cooking: Learning Network.** A hub of information about providing healthy children's food offering 15 training courses for schools and caterers related to improving food for children: <https://letsgetcooking.org.uk/>

#### **Resources to encourage emotional health and wellbeing**

- **Headstart Kernow.** Building resilience and mental wellbeing for children and young people. Training and support includes the Cornwall Wellbeing Hub, school support, regular events and webinars <https://www.headstartkernow.org.uk/>
- Guidance on the eight principles for **promoting emotional health and wellbeing** in schools: [www.gov.uk/government/publications/promoting-children-and-young-peoples-emotional-health-and-wellbeing](http://www.gov.uk/government/publications/promoting-children-and-young-peoples-emotional-health-and-wellbeing)
- Teaching about mental wellbeing <https://www.gov.uk/guidance/teaching-about-mental-wellbeing>
- Resource library including lesson plans and assessment tools to help develop the **RSHE curriculum**: <https://www.pshe-association.org.uk/statutory-tools>
- **MindEd** is a free educational resource on children and young people's mental health for all adults <https://www.minded.org.uk/>

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