



Telford & Wrekin  
Co-operative Council



Shropshire Community Health  
NHS Trust

# National Childhood Measurement Programme (NCMP)

The Healthy Child Programme (HCP)

0 -19 Service

Telford & Wrekin



Improving Lives In Our Communities

# Our 0-19 Team

- **Specialist Public Health Nurses (Health Visitor (Under 5's) School Nurses (5-19) )  
Family Nurse Partnership (FNP),  
School Staff Nurses, Support Workers, Nursery Nurses and Screeners.**
- Screeners are the staff that will be communicating with schools to arrange dates etc and coming out to schools to deliver National Child Programme.
- **What do we do?**  
We all work with children and young people aged 0 – 19 years in partnership with other professionals to promote health and prevent ill health.
- Single point of access (SPOA) for any enquiries/advice/support  
0333 358 3328



# Overview of the school nursing programme

**Health for Kids!**

NHS Shropshire Community Health NHS Trust

## School Nursing

The School Nursing Team provide health and wellbeing information, advice, support and guidance to children and young people, teachers, families and carers across Telford and Shropshire. We are part of the 0-19 Public Health Nursing Service which contains Specialist Nurses (School Nurses and Health Visitors), Registered Nurses, Healthy Child Practitioners and Support Workers.

We offer lots of different services, workshops and events enabling schools to contribute to PSHE outcomes, as well as targeted one to one support for children and their families.

Your child might come across a School Nurse in school in an education session or health related workshop, but we will not see your child alone without your consent. Sometimes, children ask us for individual advice and we will always feed this back confidentially to parents and carers.

Healthy Child Programme 0-19  
Public Health Nursing Service

Here are some examples of the topics we can support you with:

- Healthy lifestyles  
Diet
- Transition and change  
School readiness
- Sleep  
Development
- Oral/dental hygiene  
Toileting and constipation  
Handwashing
- Puberty (including management of periods)

Anything else you might be concerned about!

Parents and carers can also call or text us for confidential advice and support around any health or development concerns or worries they may have about their child, we will not share this information with your child's school without your consent.

You can get further information, ask questions or simply contact your School Nurse for a chat by calling our Single Point of Access (SPOA) on **0333 358 3328** OR texting: **07520 619 051**.



## National Guidelines

- The **NCMP (National Child Measurement Programme)** was established in 2006.
- Measuring 4–5-year-olds (Reception) and 10–11-year-olds (Year 6) in state funded Primary schools and academies.
- Over 1,000,000 children measured every year throughout the UK, which includes approximately 17,000 schools.
- The data is used to understand and monitor obesity prevalence and trends including the impact of inequalities and child health.
- This data helps Local Authority to plan and commission services to ensure all children have the opportunity to be healthy.



## Information for Parents

This animation video explains the process of the NCMP and why it is important. It will guide you through what it involves, how the child's data is collected and processed and what it will be used for

[NCMP process animation](#)



## How schools can help prepare children

Schools can help to prepare children for measurement day by

- Showing the animation video prior to measurement day and discussing the measurement process.
- Arranging a private room for measurement.
- Providing a printed class list with name, address, DOB and gender.
- Classroom assistant accompanying some children who require additional support.



# How to support a child who is worried about their weight

How could I start the conversation? Small conversations can work better than one 'big' talk

Don't make it a worry its about lifestyle changes, small changes make a big difference.

Increase Exercise (make exercise fun), healthy balanced diet, Good Sleep Hygiene

- Talk about growth and health where it comes up in everyday conversations and focus on these rather than weight itself.
- Focus on the things your child can do to look after their health (keep active, eat their greens etc.)
- Don't feel you have to talk about everything in one go pick times when it's more natural to talk about food, activity or weight and reassure them they don't need to worry.



## What Happens After?

- Results are not shared with Pupils.
- Results letter will be sent in the post addressed to parent/carer – It is up to parents if they wish to share results with the child/young person.
- If the child is **above** the expected range for weight, follow up call from Healthy Families to offer any support.
- If the child is **below** the expected weight, then 0-19 Team will follow up to see if any support is required.



Healthy Child Programme 0-19



Public Health Nursing  
Telford & Wrekin

Meeting the health needs of children  
& young people in Telford & Wrekin.  
Our service is made up of Health  
Visitors, School Nurses and Family  
Nurse Partnership Nurses.



0333 358 3328



shropcom.adminleonardst@nhs.net



Text a Health Visitor: 07520 619053



Chat Health: 07520 619051

Confidential text service for young people

Open 9am-4.30pm excluding weekends  
and bank holidays

[www.shropscommunityhealth.nhs.uk](http://www.shropscommunityhealth.nhs.uk)



Shropshire Community Health  
NHS Trust



# Useful Resources

- [National Child Measurement Programme: operational guidance 2025 - GOV.UK](#)
- [www.healthforkids.co.uk](http://www.healthforkids.co.uk)
- [www.nhs.uk](http://www.nhs.uk)
- [www.eric.org.uk](http://www.eric.org.uk)
- [www.nhs.uk/better-health](http://www.nhs.uk/better-health)
- [www.childline.org.uk](http://www.childline.org.uk)
- [www.nspcc.org.uk](http://www.nspcc.org.uk)
- [www.colgate.com/en-us/oral-health/life-stages/infant-kids/dental-health-for-kids-a-parents-guide-](http://www.colgate.com/en-us/oral-health/life-stages/infant-kids/dental-health-for-kids-a-parents-guide-)
- [www.millpondsleepclinic.com](http://www.millpondsleepclinic.com)
- [www.littlepeoplesplates.co.uk](http://www.littlepeoplesplates.co.uk)
- [www.thechildrenssleepcharity.org.uk](http://www.thechildrenssleepcharity.org.uk)
- **Healthy Families Team – working with children and families to support the growth into a healthy weight. Find more information at <https://www.telford.gov.uk/healthy-telford/healthy-families/> or email [healthy.families@telford.gov.uk](mailto:healthy.families@telford.gov.uk)**



# Thank you for Listening

