

National Child Measurement Programme (NCMP)

The NCMP is a national programme that involves children in Reception and Year 6 being weighed and measured within their school across the country. In Barnsley, this programme is delivered by the 0-19 Public Health Nursing service.

The purpose of the programme is to understand the health of children and to check that they are growing and developing well! The 0-19 Public Health Nursing service will calculate the BMI of each child by measuring their height and weight. This will be done in a private room and you will receive a text message with the option to find out your child's results afterwards. Some parents may receive a phone call, this is just to offer additional support and is nothing to worry about.

This is a confidential process and your child's school will share a letter with beforehand to explain the process. No child will be made to take part on the day if they don't want to.

If you do not wish for your child to be involved, then you can choose to opt out. Please do so by contacting the team within 3 weeks of the date of when you receive your letter. This can be done so by contacting our Single Point of Access team on 01226 774411 Monday to Thursday between 8.45am and 4.45pm and Friday 8.45am to 4.15pm.



For more information on the process please search National Child Measurement Programme at barnsley.gov.uk

For more information on local support on healthy eating and physical activity please search Barnsley Virtual Family Hubs and Start for Life.

Guide for parents



Guide for children



Please scan the QR codes for access to a video that explains the programme in more detail.