



DIGITAL UPDATE

Spotlight on the National Child Measurement Programme

Welcome to your digital update from Leicestershire Partnership NHS Trust, which this month focuses on the National Child Measurement Programme (NCMP).

From now until May, our public health nursing teams are visiting schools to measure pupils in Reception and Year Six as part of the national programme. The NHS uses this information to plan and provide better health services for children.

In this bulletin, we'd like to signpost a number of resources that you can share with your parents and carers who may have questions or concerns about what NCMP is and why it takes place.

Well worth a watch...



This video provides information on NCMP and the important role it plays from the viewpoint of a GP and public health nurse (school nurse), as well as explaining how families can get support through Family Lifestyle Clubs (FLiC).

There are lots of ways that parents/carers can help their children enjoy **healthier snacks on the go** and whilst at home.

These short clips, which can also be accessed from the **parents section of Health for Kids**, provide quick and easy ideas for making:

- **Fruit kebabs**
- **Crunchy granola**
- **Yummy smoothies**
- **Super savoury quesadillas**

Head over to Health for Kids...

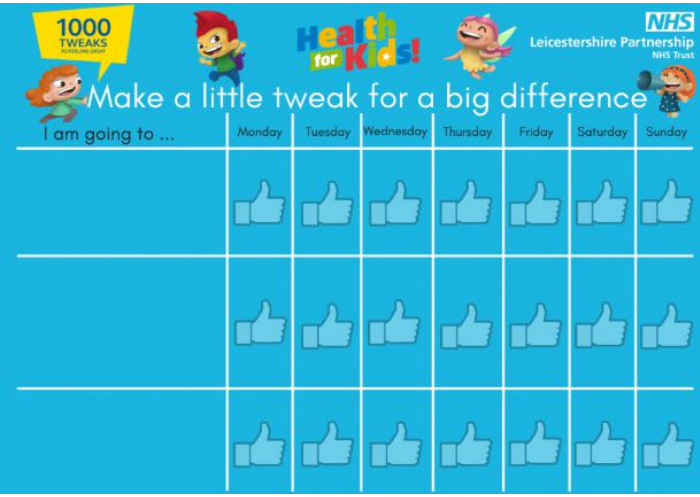
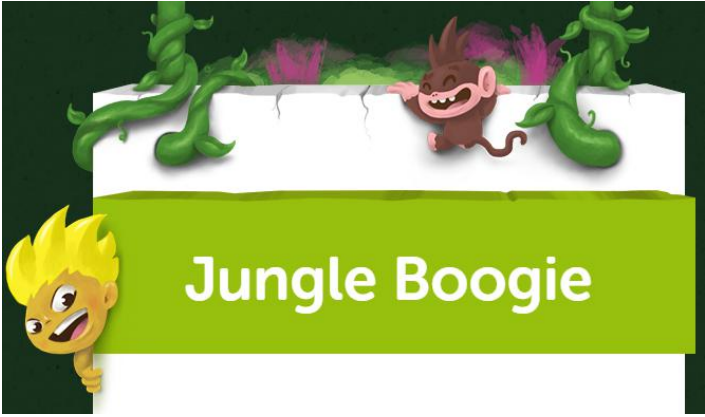


The Food for Thought quiz is a 'higher or lower' game which challenges you to work out which of the two items of food has the highest amount of fat, sugar or salt.

It's a great way of getting families thinking about the food that they're eating, and how they can make small changes to their diet.

Jungle Boogie is zumba for kids. A fun way to get children exercising as they dance along to the music, and follow the routines.

Get ready to do star jumps, running on the spot, hopping and the bend and jump!



Health for Kids has teamed up with Leicester City Council to create a **free downloadable record chart**.

This is part of the council's **'1000 Tweaks to Feeling Great'** campaign.

Parents and carers can download a **pre-filled chart** with lifestyle tweaks such as swapping a car journey for walking

Alternatively, they can download a **blank chart** which can be used to record small changes they choose, and to check their progress.

The Leicestershire Parent's section of Health for Kids also has a number of articles related to NCMP.

For example, this **article explains exactly what the NCMP is** and its importance in tracking obesity levels in primary school age children.

It also explains how the results are shared with parents, and what to do next, if your child is overweight or underweight for their age and size.



We also have suggestions for **healthy snack ideas**, with easy to follow recipe videos that the whole family can get involved in.

There is also an article about **exercise and physical activity**, which explores why exercise is so important and some great ways of getting children active.

Don't forget Change4Life...



Change4Life also has a number of fantastic national resources for parents and carers to use to support a change in their children's diet and lifestyle, including the following:

100 calorie snack ideas

Food labels, and what to look for to make healthier choices

Indoor activities for kids

Healthier lunchbox ideas

If you have any further questions or require more information about NCMP, please email Rosie Huckle, Communications Manager for Families, Young People and Children's Services on rosie.huckle@leicspart.nhs.uk.



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Look out for our next digital update in April

