

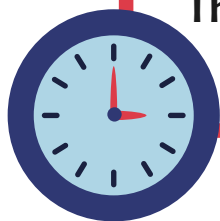
Measuring Year 6

What is it about?

The school nursing team will soon be visiting your school to measure the height and weight of children in Year 6. We will be doing this in nearly every other school too!



You will be measured one at a time in private. All you need to do is take your shoes off. The whole thing is really quick and easy – it only takes a couple of minutes!



What will happen?

Why do we get measured?

Every year throughout the country, children are weighed and measured when they are babies and again in Reception and Year 6.

This helps the government and NHS to understand how children across the country are growing so they can do things to help children and families to stay healthy.

NHS

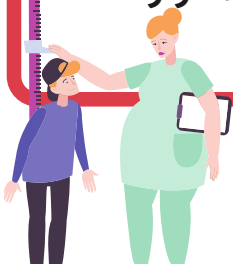
We will use your height and weight result to calculate something called a Body Mass Index, or BMI. BMI can help us to understand whether children are a healthy weight. It doesn't tell us the whole story of how healthy your body is though, so try not to worry too much about your results.

Only your parents or carers will see your results – not your teachers or friends.

What does it mean?



Healthy Futures Calderdale

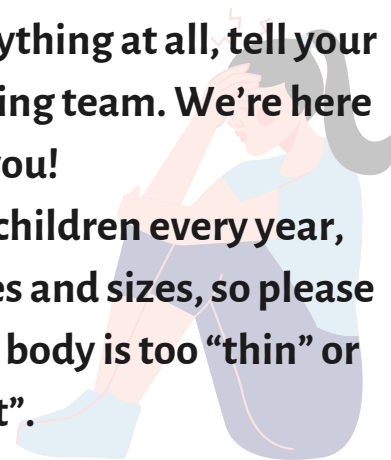


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What if I am worried about being measured?

If you're worried about anything at all, tell your teacher or the school nursing team. We're here to help you!

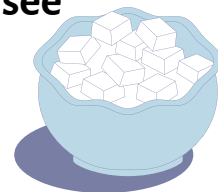
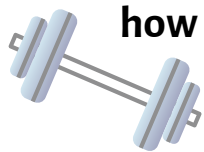
We measure over 5,000 children every year, and they come in all shapes and sizes, so please try not to worry that your body is too "thin" or too "fat".



You might find that when you move to high school, you get much more choice about what you eat or how much activity you do.

How can I stay healthy?

Try to choose foods because they are nutritious and not just because they look tasty or are cheap. Take a look at the NHS Food Scanner app to see how much sugar is in your favourite food or drink and get some suggestions for healthier swaps!



Find out what after school activities are on offer at your new school – you could try a new sport (or three!). Try not to spend too much time on technology because while you're playing on your phone, you're probably not moving around much – unless you're doing a YouTube Kids Workout of course!



If you have any worries about your health or wellbeing, you can get in touch with us through our ChatHealth text messaging service.

Just text 07480 635297