



# Yealmpton Primary School

[www.yealmpton-primary.devon.sch.uk](http://www.yealmpton-primary.devon.sch.uk)

A partner school in the Westcountry Schools Trust (WeST)



**WESTCOUNTRY**  
SCHOOLS TRUST

Dear Parents and Carers,

We hope you have had a lovely week. In school this week, amongst other activities, we have been busy preparing for our Harvest Festival. We are excited about sharing our wonderful Autumn poems and songs with you.



Our Harvest Festival will take place on Tuesday 22<sup>nd</sup> October 2pm - 3pm. If you are able to help us walk to the church, this would be really appreciated. Please let your child's class teacher know via Dojo so we can count you in our ratio's. We will aim to leave school at 1:40pm.

## Tempest Photography

Tempest Photography will be in school on **Monday 21<sup>st</sup> October**, they will take individual photos of the children and sibling photos throughout the school day. If you would like a family photo that includes children who do not attend our school then Tempest will be able to accommodate this at 8:30am in the school hall. Please come into the hall through the community room entrance and you will be able to have these photos taken before school.

## Measuring the Height and Weight of children in Reception and Year 6

Each year in England, children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme. This is to help to understand trends in children's growth over time and help with planning support for families and children. Our school will be taking part between January and the end of summer term 2025. The measurements will be taken by Devon County Council's School Nursing team. Please see the attached letter for further information if your child is currently in Reception or Year 6.

Co-Headteachers:  
Mrs Julie Tomkins & Mr Mark Mitchell  
Email: [admin@yealmpton-primary.devon.sch.uk](mailto:admin@yealmpton-primary.devon.sch.uk)

Stray Park, Yealmpton, Plymouth, Devon. PL8 2HF  
Tel: 01752 880446

## School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme

**PARENTS ARE NOTIFIED**

Parents receive a letter about measurement day at their child's school. The letter tells parents how children are measured, what data is collected, and why.

**SCHOOL HEIGHT & WEIGHT CHECKS**

Measurements are carried out by trained staff e.g. school nurse assistant. Children take off their coat and shoes for a more accurate measurement.

**PARENTS' FEEDBACK LETTER**

Most areas send parents a confidential letter about their child's weight status within 6 weeks of measurement.

**PARENTS' ACTION**

A parent can speak to their school nurse or GP for further advice and support about their child's weight and growth.

Parents can visit the [children's weight](#) page at Better Health - Families for tips on healthier changes.

Parents can monitor their child's weight by visiting the [NHS healthy weight calculator](#).

**DATA USE**

The data is held by the local authority and sent to NHS England and Department of Health and Social Care, where it is stored securely and used for analysis. It builds a picture of how children are growing to help plan better health and leisure services for families.

**87%**  
of parents say they find the NCMF feedback helpful.

**Every year in England, over a million children in Reception (aged 4-5) and Year 6 (aged 10-11) have their height and weight measured to calculate their weight status.**

### What we know from the data collected so far

- Most children in Reception and Year 6 are a healthy weight.
- Around one in ten children in Reception is very overweight. This doubles to one in five children by year 6.
- The number of very overweight children in Year 6 is increasing year on year
- Most children who are overweight in Reception will remain so or become even more overweight for their age by year 6 without action to achieve a healthier weight.

Because many children are overweight, we are all becoming used to seeing heavier children as the norm. It means we cannot always tell when a child is overweight. That is why many parents find it helpful to have an objective measurement of how their child is growing. More than 8 in 10 parents say this information is helpful and they can then make decisions about their child's lifestyle and wellbeing to make changes, or seek support if necessary.

### Why achieving a healthy growth is important

When children are a healthy weight, they feel better about themselves. They find it easier to play and learn. And they are more likely to grow up healthy too. Helping them to be a healthier weight when they are a child can set up their health and wellbeing for life.

You can encourage the whole family to enjoy eating healthily and being active which will help your child achieve and maintain a healthier weight. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.

For more information on helping your family lead a healthy life, please turn over.

Better  
Health

Let's  
do this

NHS

## Better Health Families is here to help your family be healthy and happy

### Sign up for NHS Healthy Steps emails

Better  
Health

Let's  
do this

Sign up for 8 weeks of Healthy Steps emails to help your family make small changes to make a big difference. We'll send you lots of budget-conscious, simple family recipes, fun games and healthy swaps!

Visit [healthysteps.uk](http://healthysteps.uk) or scan the QR code to get started!



### Be Sugar Smart

Kids are having over double the amount of sugar than they should. Too much sugar is bad for teeth and can lead to weight gain. But don't worry, we have some simple swaps to help you be sugar smart and cut back.



Sugary drinks are bad for teeth and lead to decay. Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks. Limit fruit juice to no more than 150ml a day and stick to meal times.



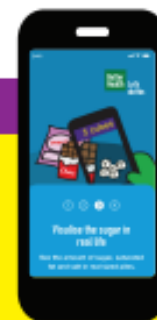
Eating breakfast every day is important, but some breakfast choices have much more sugar than you think. Opt for plain porridge, shredded wholegrain or plain wholewheat biscuit cereals. Help your kids towards their 5 a Day by adding in chopped fruit.

Sugary snacks can all add up! Fruit and vegetables are always the best snack. But when choosing packaged snacks, stick to two a day max.

### See what's really inside your food and drink



Download the FREE NHS Food Scanner app to see how much sugar, salt and saturated fat are in your favourite food and drinks, and to find healthier swaps.



Find Better Health Families on [Facebook!](#)

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## Recruitment

We are excited to announce that we are currently recruiting a teaching assistant to join our dedicated team. This role will be within Key Stage 1, supporting and enhancing the children's learning experiences. We will let you know more once we have made a successful appointment.

## Parent Forum

Thank you to the parents who attended our parent forum today and to those of you who sent comments for us to discuss. These different perspectives and suggestions help to foster collaboration and enrich the work that we do. Our next Parent Forum will take place on Monday 2<sup>nd</sup> December and will have a focus on SEND and our SEND provision. If you have any questions you would like to ask or comments to share, it would be lovely to see you there.

## Dojo Star Learners

Congratulations to our Star Learners this week who received their certificates today in our celebration assembly.

<b>Sycamore Class</b>	Phoebe	Reggie
<b>Beech Class</b>	Mattis	Reuben BD
<b>Chestnut Class</b>	Joey G	Annebelle
<b>Elm Class</b>	Ben C	Jaxxon
<b>Pine Class</b>	Will	Isla
<b>Oak Class</b>	Ella	Holly



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## Key Dates

Tempest Photography	Monday 21 <sup>st</sup> October
Harvest Festival	Tuesday 22 <sup>nd</sup> October 2pm - 3pm

## Christmas Dates

EYFS and Key Stage 1 Nativity	Tuesday 10 <sup>th</sup> December - 2pm - 2:45pm
EYFS and Key Stage 1 Nativity Please can children return to school at 4:30pm for the evening performance	Wednesday 11 <sup>th</sup> December - 5pm - 5:45pm
Christmas Lunch	Wednesday 18 <sup>th</sup> December
Christmas Carol Service at the church	Thursday 19 <sup>th</sup> December - 11am
Christmas Carol Service at the church Please can KS2 children meet at the church at 4:45 for the evening performance.	Thursday 19 <sup>th</sup> December - 5pm

Wishing you all a wonderful weekend,

Mrs Tomkins and Mr Mitchell

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