

MIDDLETOWN CITY SCHOOLS – Health Services

Dear Parent/Guardian,

As part of a required school health examination, a student is weighed and his/her height is measured. These numbers are used to calculate the student's body mass index or 'BMI'. The BMI helps the health care provider know if the student's weight is in a healthy range or is too high or too low.

Recent changes to the New York State Education Law require that BMI and weight status group be included as part of the student's school health examination. Our school district has been selected to take part in a survey by the New York State Department of Health. We will be reporting information about our students' weight status groups to the New York State Department of Health. The information sent to the New York State Department of Health will help health officials develop programs that make it easier for children to be healthier. Only summary information will be sent. No names and no information about individual students will be sent. However, you may choose to have your child's information excluded from this survey report.

If you do not wish to have your child's weight status group information included as part of the Health Department's survey this year, please print and sign your name below and return this form to your child's school nurse or you may simply telephone your child's school nurse. Thank you!

Please do not include my child's weight status information in the School Survey.

Print child's name

Grade

Date

Print parent's name

Parent's signature