

PLAINVIEW-OLD BETHPAGE CENTRAL SCHOOL DISTRICT

BMI OPT OUT FORM

Dear Parents/Guardians:

As part of the required physical examination, your child 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 doctor or nurse to know if the student's weight is in a healthy range or is too high or too low. New York State Education Law requires the BMI and weight status group be included as part of the student's school health examination. School districts are selected yearly to take part in a survey by the New York State Department of Health. If our school is selected to be part of the survey, we will be reporting to the New York State Department of Health information about our students' weight status groups. Only summary information is sent. **No names and no information about individual students are sent.** However, you may choose to have your child's information excluded from this survey report.

The information sent to the New York State Department of Health will help health officials to develop programs that make it easier for children to be healthier.

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 the School Nurse

Thank you very much for your cooperation. If you have any questions, please call your School Nurse.

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

Print Child's Name

Date

Print Parent's Name

Parent's Signature