

From the Newton South Health Room

BMI Screening Notification

To: Parents/Guardians of Students in Grade 10

From: Gail Kramer, R.N., School Nurse

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The BMI Screening Program will be take place during end of January through February, 2016.

Massachusetts General Laws (M.G.L. Chapter 71, Section 57 and 105 CMR 200.000) require that public schools collect height and weight measurements of students in grades 1, 4, 7 and 10. These measurements are used to calculate the Body Mass Index (BMI) which is a screening tool to monitor students' growth and development and identify possible health risks.

Your child's screening will be supervised by the school nurse and each student's privacy will be respected at all times. Your child's height, weight, and BMI measurements will be recorded in your child's school health record and kept strictly confidential. The screening results will be available to parents/guardians upon request.

If you choose not to have your child participate in the Growth Screening Program, please contact the school nurse.

Here are some simple standards for a healthy lifestyle for children:

- Eat more fruits and vegetables; drink more water and less sugary drinks
- Spend no more than 2 hours per day on "screen time" (TV, video games, computer use, etc.)
- Get at least 1 hour of physical activity per day

In support of your efforts to promote healthy eating and active living, you may find the following websites helpful:

<http://www.keepkidshealthy.com>

<http://www.cdc.gov/nccdphp/dnpa/bmi/>

<http://www.mass.gov/massinmotion>

Please feel free to contact the school nurse with any questions you have about the BMI screening.