

Carmel Central School District
81 South Street
Patterson, N12563
BMI OPT OUT FORM

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 figure out the student's body mass index or 'BMI'. The BMI helps the doctor or nurse know if the student's weight is in a healthy range. Recent changes to the New York State Education Law require BMI and weight status group be included as part of the student's school health examination. School districts will take part in a yearly survey by the New York State Department of Health information about our students' weight status groups. ONLY summary information is sent. NO NAME AND NO INFORMATION about individual students are sent. However, you may choose to have your child's weight status excluded from this survey report.

The Health Department's survey will help health officials develop programs that make it easier for children to be healthier.

If you **DO NOT** wish 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.

Please do not include my child's weight status information in the 2009-2010 school survey.

Print Child's Name

Date

Print Parent/Guardian's Name

Parent/ guardian signature