

Mount Pleasant Central School District

Thornwood, NY 10594

To: Parents/Guardians of 1, 3, 5, 8 and 11th Grade Students

From: Mount Pleasant Central School District Nurses

Changes to the NYS Education Law require Doctors to include BMI (Body Mass Index) and related Weight Status Category on the mandated School Physical Exams. BMI and Weight Status Category are based on your child's current height and weight. The Weight Status Category provides us with information regarding your child's BMI-for-age percentile, for example, less than 5th percentile, 25th percentile, 50th percentile, etc. This information allows us to know if your child's weight is in a healthy range.

NYS Department of Health mandates our district to take part in a BMI/Weight Status Category Survey. **We will not be submitting any personal student information on the survey.** Names will be withheld. We will only be sending tallied Weight Status Category information which will help health officials develop programs that make it easier for children to be healthier.

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 Category included, please complete the form below and return it to the Nurses Office by December 1st. If the form is not returned, your child will be included in the survey.

Thank you for your attention to this matter and please contact your School Nurse if you have any questions/concerns.

Clip and return -----

Do not include my child's Weight Status Category in the BMI/Weight Status Category Survey.

Child's Name/Grade/Teacher

Parent's Signature

Date