

# Bethlehem Central School District Health Services

## BMI and Weight Status Reporting System & Opt-Out Form

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 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. Each year, a sample of school districts are selected to take part in a survey by the New York State Department of Health.

**The Bethlehem Central School District has been selected to submit its information to DOH in 2019-20. The physical exams received during the 2018-19 school year will be used for that NYS report. When surveyed by the state, only summary information is sent. No names or information about individual students are sent. The information sent to the New York State Department of Health is intended to help health officials develop programs that make it easier for children to be healthier. Parents may choose to have a child's information excluded from this survey report. If you would like to do so, please complete this form and return it to your child's school nurse.**

If you do not wish to have your child's weight status group information included, please print and sign your name below and return this form to your child's school.

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

\_\_\_\_\_  
Print Child's Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Parent's Name

\_\_\_\_\_  
Parent's Signature