



CARMEL CENTRAL SCHOOL DISTRICT

BMI OPT OUT FORM

Dear Parents/Guardians:

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. New York State Education Law requires 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 to provide information about our students' weight status groups. ONLY summary information is sent. NO NAME AND NO IDENTIFIABLE 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. NOTE: A new form must be submitted each school year in order to opt out of this survey.

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

Print Child's Name

Date

Print Parent/Guardian Name

Parent/Guardian Signature

Cultivating Opportunities

