

**MIDDLEBOROUGH PUBLIC SCHOOLS
HEALTH SERVICES MIDDLESBROUGH,
MA 02346**

August 2022

Dear Middleborough Public School Parent/Caregiver:

This letter is to notify you about the required Massachusetts school health screenings.

Massachusetts regulations 105 CMR 200.500, (2009) for the Physical Examination of Children requires that Middleborough Public Schools requires:

Physicals exams for entry to school, Preschool/kindergarten, and for Grades 4, 7, 9, and the following school health screenings:

- Vision: Grades K-5, 7, 9
- Hearing: Grades K-3, 7, 9
- Postural screening: Grades 5 – 9,
- Height and weight (Body Mass Index) in Grades 1, 4, 7, & 10
- SBIRT screening, Grades 7 and 9.

Height and Weight measurements will be used to calculate each student's BMI. The results will be documented in the student Health Record and provided to the Department of Public Health in an aggregate form according to State regulations. A Body Mass Index, or BMI, is a measure that is used to show a person's "weight for height for age." It is calculated using a formula that includes an individual's height and weight. Just like a blood pressure reading or an eye screening test, a BMI can be a useful tool in identifying possible health risks.

SBIRT (Screening, Brief Intervention, and Referral to Treatment) is part of Middleborough Public schools mandated screenings in grades 7 and 9. SBIRT screening was part of the Opioid Bill signed into law by Governor Baker on March 14, 2016 and is focused on discussing substance use/abuse and the importance of making healthy decisions. Your child's screening will be conducted by staff trained in SBIRT screening.

Your student's privacy will be respected at all times. The results of your child's screenings are strictly confidential.

If you wish to exclude your child from any of these school health screenings, please notify your school nurse in writing. If you have any questions or concerns, please contact your school nurse.

Sincerely,

Middleborough Public School Nurses

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Reference:

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[DEPARTMENT OF PUBLIC HEALTH 105 CMR 200.000](#)

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