

**Somers Middle School
Health Office
250 Route 202
Somers, New York 10589
914-277-4099
Fax 914-277-2236**

Dear Parents,

As part of a required school health examination, a student is weighed and his/her height is measured. These numbers are used to determine 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. A sample of school districts have been selected to take part in a survey by the New York State Department of Health. Our school has been chosen to be part of the survey, and we will be reporting to New York State Department of Health information about our students' weight status groups. Only summary information is sent. No names and no information about individual students are sent. However, you may choose to have your child's information excluded from this survey report.

The information sent to the New York State Department of Health will help health officials develop programs that make it easier for children to be healthier.

If you do not wish to have 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:

[Insert School Contact Information]

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

Print Child's Name

Date

Print Parent's Name

Parent's Signature