

TIMOTHY JENNY  
*Superintendent of Schools*

LOU D'AMBRO  
*School Business Administrator*

THOMAS WALDRON  
*Transportation & Facilities*

# Remsen Central School District

9733 Main St., P.O. Box 406  
Remsen, New York 13438  
315-205-4300

KRISTY MCGRATH  
*Jr./Sr. High School Principal*

GARY WINGHART JR.  
*Elementary Principal*

FAY HARPER  
*CSE Chairperson/School Psychologist*

## ***BMI (Body Mass Index) Notification to Parents***

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. A sample of school districts will be selected to take part in a survey by the New York State Department of Health. If our school is selected to be part of the survey, 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 to be included as part of the Health Department's survey this year, please go to the Remsen Central School website ([www.remsencsd.org](http://www.remsencsd.org)), click on the tab "High School and Elementary Classes", click on the tab for "Health Office", click on the "Physical Forms" tab and print out the BMI notification to parents form. Complete the form and return to the school nurse. If you do not have access to the school website, please contact the school and a form will be sent home with your child.

If you have any questions regarding BMI, please feel free to contact the elementary nurse at 315-205-4300, extension 4230 or the high school nurse at extension 5206.

Sincerely,

Autumn VanEtten, R.N.  
Elementary School Nurse

Eilleen Hamlin, R.N.  
High School Nurse

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