



Dear Parent/Guardian,

Guilford County Schools is committed to preparing its students to be physically active and healthy for a lifetime. The General Assembly of North Carolina has enacted House Bill 1757 that requires all students in grades K-8 to complete a health-enhancing personal fitness assessment.

Students in grades K-8 will complete the FITNESSGRAM[®] assessment in the fall and spring. The FITNESSGRAM[®] is composed of 5 components: Aerobic Capacity, Body Composition, Muscular Strength, Muscular Endurance, and Flexibility.

The Body Composition test requires that students have their height and weight recorded. Please note that the height/weight measurements are collected privately and are kept confidential. If you do NOT want your child involved in the Body Composition portion of the test, then you must contact **Coach Dettbarn**.

You can submit an email to **Mr. Dettbarn** at **dettbaj@gcsnc.com** or print off “opt out” letter below and return to Mr. Dettbarn.

All “opt out” requests must be submitted to **Mr. Dettbarn**. For more information about the FITNESSGRAM[®], please visit www.pyfp.org or www.fitnessgram.net.

*I am requesting that my child “opt out” of the body composition portion of the fitness test. I understand that my child will have **incomplete** scores that will not reflect their true fitness level.*

Student Name: _____ Grade: _____

Parent Email: _____

Parent Name (print): _____

Parent Signature: _____ Date: _____