

# POLAND CENTRAL SCHOOL DISTRICT

## Body Mass Index (BMI) Survey Opt-Out Form

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. New York State Education Law requires that BMI and weight status group be included as part of the student's school health examination. Our school is part of the survey conducted by the New York State Department of Health biennially (i.e., every 2 years). 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 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, please print and sign your name below and return this form to:

Danielle Dutcher, RN  
Poland Central School District  
74 Cold Brook Street  
Poland NY 13431

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

_____	_____	<u>2025-2026</u>
Print Child's Name	Date	School Year

_____	_____
Print Parent/Guardian Name	Parent/Guardian Signature