KARNS CITY AREA SCHOOL DISTRICT

PARENT/GUARDIAN REQUEST FOR EXEMPTION FROM HEIGHT, WEIGHT & BMI GROWTH SCREENING

IMPORTANT: Pennsylvania law now permits a parent or legal guardian to submit a written request to exempt a student from school height and weight measurement. This form is for that written request.

Student Information

Student Name:	Grade: Homeroom:
School Building:	Date of Birth:

Parent/Guardian Request: the undersigned parent/legal guardian of the student named above, request that my child be exempted from the school's routine **height and weight measurement** conducted as part of Pennsylvania's school growth screening program. Because BMI is derived from height and weight, I also request that the school not calculate or screen my child's BMI from school-collected height and weight measurements.

I understand that: Pennsylvania requires school entities to provide growth screening services, but current law allows a parent or legal guardian to request an exemption from height and weight measurement in writing.

- This request applies to school growth-screening measurements and does not prevent me from obtaining height, weight, BMI, or other health information for my child through the child's healthcare provider.
- BMI percentile information is available to a parent or legal guardian upon written request under Pennsylvania law.
- This exemption request does not exempt my child from other health screenings, examinations, immunization requirements, or other school health requirements that apply under Pennsylvania law.

Parent/Legal Guardian Certification: By signing below, I certify that I am the parent or legal guardian of the student identified above and that I am requesting this exemption from school height and weight growth screening.

Parent/Legal Guardian Name (print):
Parent/Legal Guardian Signature:
Date:
Preferred Phone/Email:

For School Nurse/School Use Only

Date Received:
Reviewed/Processed By:
Exemption Recorded in Student Health Record: [ ] YES [ ] NO

Please return this completed form to your child's school nurse.

Legal reference: Pennsylvania Public School Code §§ 1402 and 1408, as amended by Act 20 of 2026.

This district form is based on current Pennsylvania Department of Health guidance. The Pennsylvania Department of Health's Growth Screening Exemption Form is a template and is not required to be used by school entities.