



Highlands School District

STUDENT SERVICES DEPARTMENT

1500 Pacific Avenue, P.O. Box 288, Natrona Heights, PA 15065

www.goldenrams.com, 724-226-2400, ext. 5650

Notice of Height and Weight Screenings and Option to Opt Out

Dear Parents and Guardians,

Our schools will conduct student height and weight screenings. These measurements will be collected only by a school nurse or another qualified health care practitioner in a manner that protects student privacy and confidentiality.

Parents and guardians may opt their child out of height and weight measurements by submitting a written exemption request. To request an exemption, please complete the section below or submit a written request to your child's school nurse by **November 30, 2026**. Please include your child's name, grade, and school.

For students who participate, height and weight measurements may be used by the school nurse or another trained health care practitioner employed by the school to calculate body mass index (BMI) solely for reporting to the Pennsylvania Department of Health. This information will be reported confidentially. Your child's BMI will be shared with you or your child only if you request it in writing. Written requests for BMI results should be directed to your child's school nurse.

If you have questions about the screening or exemption process, please contact the school nurse at your child's building.

Thank you for your attention and cooperation.

Sincerely,

Dr. Michele Welter
Coordinator of Student Services

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Height and Weight Screening Exemption Request

Student Name: _____

Grade: _____

Date of Birth: _____

School Name: _____

Growth screening involves measuring height and weight and calculating Body Mass Index (BMI). The purpose of the Growth Screening Program is to give you information about your child's growth status. This information also helps provide a comprehensive approach to health and wellness.

Recent updates to Pennsylvania School Code for Growth Screening (See 24 P.S. § 14-1402(a.3)) specify:

- Each child of school age shall be given a measurement of height and weight by a school nurse or other health care practitioner who shall collect that information in a manner that protects student confidentiality.
- A student shall be exempt from measurement of height and weight if the parent or legal guardian requests an exemption in writing.

If you **do not** wish your child to receive growth screening services at school, please sign and complete the form and return to the school nurse.



Please do not screen my child for height and weight.

**This Opt-Out shall remain in effect until the parent/guardian requests in writing to have the Opt-Out removed.*

Parent/Guardian Signature

Date