

Dear Parent,

As part of our school's commitment to health and wellness efforts, we will be taking Body Mass Index (BMI) measurements on our students. Body Mass Index is a number calculated from a person's weight and height. The tool was created by the Center for Disease Control and Prevention and is widely used. The BMI will be measured in physical education class.

Your child's BMI measurements will be kept confidential (not even the student will know their own measurement unless requested by parent) and will be seen by only the school nurse or the school physical education teacher. Staff from the Peyton Manning Children's Hospital at St Vincent will be assisting us in these efforts.

The purpose of taking BMIs is to help gauge our students' progress throughout the year in developing and maintaining healthy habits. We would like to be able to show our progress in a measureable manner.

If you do **not** wish for your child to have their BMI calculated, please complete the form at the bottom of the page and return it to the school nurse no later than Friday, January 27, 2012. If you have any additional questions, please contact the school nurse at nurse@smsindy.org.

I DO NOT WISH FOR MY CHILD TO HAVE THEIR BODY MASS INDEX CALCULATED.

CHILD'S NAME _____

GRADE _____ TEACHER'S NAME _____

PARENT NAME _____

SIGNATURE _____