SUGAR VALLEY RURAL CHARTER SCHOOL
236 East Main Street • Loganton, PA 17747
phone: (570)725-7822 • fax: (570)725-7825
web: www.svrcs.org • email: svrcs@svrcs.org • twitter: @svrcs

Student Height, Weight, and BMI Growth Screening

Dear Parent/Guardian,

As part of Pennsylvania's school health requirements, students receive routine growth screenings that include measuring height and weight and calculating Body Mass Index (BMI).

The purpose of the Growth Screening Program is to provide information about your child's growth status and support a comprehensive approach to student health and wellness.

Parents/guardians have the right to request that their child be exempt from height and weight measurements. Under Pennsylvania School Code (24 P.S. § 14-1402(a.3)), a student must be exempt from these measurements when a parent or legal guardian submits a written request.

If you do not wish for your child to participate in the school's height, weight, and BMI growth screening, please complete the attached **Parent/Guardian Exemption Form** and return it to the school nurse.

Please note:

- A written request is required to opt your child out of growth screening.
- The exemption applies to height and weight measurements and the resulting BMI calculation.
- Once submitted, the exemption will remain in effect until a parent/guardian requests in writing to have it removed.

If you have any questions, please contact the school nurse.

Thank you for your attention and cooperation!

Sincerely,

Sadie Kerstetter RN, BSN
School Nurse

Pennsylvania
Department of Health

Sample Parent/Guardian Exemption Form for Height and Weight Measurement

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**