



Jon William Pollard, Ed. D.

Superintendent

Dear Parent/Guardian:

(_____) was weighed and measured in school as part of the yearly school health screening program. A BMI-for-age percentile was calculated using your child's BMI and comparing it to that of other children of the same age and sex. These measurements are used to screen for weight categories that may lead to health problems. **Keep in mind, checking a child's growth over time is more important than a one time measurement** and it is necessary for all children, regardless of BMI, to be active and eat healthy.

Height: _____ Weight: _____

Body Mass Index-for-Age Percentile: _____

Being either overweight or underweight can put a person at risk for certain health problems. A student who is overweight has an increased risk of developing serious conditions, including diabetes, heart disease, high blood pressure, stroke and certain cancers. A student who is underweight has an increased risk for heart problems, loss of bone mass, anemia, and could be a sign of an underlying eating disorder.

Many factors including sports participation and family history can influence height and weight in children and adolescents. **BMI should be considered a screening tool and not a definitive measure. For example, some athletes and dancers may have a higher than expected BMI due to their increased muscle mass, which weighs more than fat mass.**

Your child's health care provider is the best person to evaluate whether or not his/her measurements are within a healthy range. Keeping in mind that this is **only a health screening**. Please share the results with your child's health care provider, who may suggest changes in eating or physical activity or may have other suggestions.

For more information about BMI, Visit www.cdc.gov/healthyweight/assessing/bmi

Respectfully,

Your School Nurse

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50 Penn Avenue
Exeter, PA 18643
570-655-2146

Primary Center
55 10th Street
Wyoming, PA 18644
570-693-1914

Intermediate Center
100 Montgomery Avenue
West Pittston, PA 18643
570-654-1404

Secondary Center
252 Memorial Street
Exeter, PA 18643
570-655-2836