



VESTAL, NEW YORK 13850

To Parent(s)/Guardian(s):

As part of a required school health examination, a student is weighed and his/her height is measured. These numbers, along with the student's birth date, are used to determine the student's body mass index or 'BMI'. The information is sent to the New York State Department of Health to help health officials develop programs that make it easier for children to be healthier. The BMI helps the health care provider know if the student's weight is in a healthy range or is too high or too low.

Recent changes to the New York State Education Law require that BMI and weight status group be included as part of the student's school health examination. The Vestal Central School District has been selected to take part in a survey by the New York State Department of Health and will be reporting to New York State Department of Health information about our students' weight status groups in pre-k or kindergarten and grades 2, 4, 7, and 10. Only summary information is sent. No names and no information about individual students are sent. **You may choose to have your child's information excluded from this survey report.**

If you do not wish to have your child's weight status group information included as part of the Health Department's survey this year, please print and sign your name below and return this form to:

Annamary Z. Allen, Director of Special Services
Vestal Central School District Administration Building
201 Main Street
Vestal, NY 13850

Please do not include my child's weight status information in the 2009-2010 School Survey.

Print Child's Name

Date

Print Parent's Name

Parent's Signature