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**GOUVERNEUR CENTRAL  
SCHOOL DISTRICT**

**HEALTH OFFICE  
133 East Barney Street  
Gouverneur, New York 13642  
FAX: (315) 287-5517**

**NURSING STAFF**

STACIE HALE, RN  
BRITTANEY FAIRBANKS, LPN  
Elementary School  
(315) 287-4952

CHRISTINE SITTS, RN  
NATALIE WOOD, LPN  
Middle School  
(315) 287-2260

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**Student Health Appraisal Supplement  
For Body Mass Index and Weight Status Reporting**

Dear Parent/Guardian:

The American Academy of Pediatrics has recommended guidelines to ensure healthy growth. Your child's height and weight are followed throughout his/her school years and with normal growth, a healthy child is expected to attain and maintain a given percentile in both height and weight. Below you will find an explanation of this measuring tool.

**What is BMI: (Body Mass Index)**

- A calculation based on height, weight, age and gender. Children's body fat content changes as they grow. Boys and girls differ in their body fat content as they mature. This is why BMI for children is gender and age specific.
- A screening tool- an evaluated BMI does not necessarily mean a child is overweight. For example, a muscular child can have an elevated BMI but a physician is the best judge of accuracy for body weight and health.
- Informative: BMI raises awareness among parents about health risks associated with being overweight. The incidents of Type 2 Diabetes has increased nationally. Overweight children tend to become overweight adults. This puts them at greater risk for heart disease, high blood pressure and stroke.
- BMI Information: Statistically parents who have BMI knowledge will change their child's diet and physical activity levels.

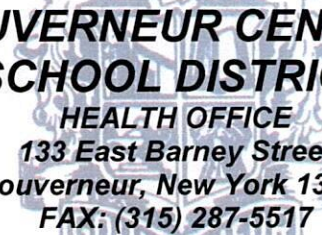
**Weight Reduction** through dieting is not advised in children who are still growing. The recommendation is to maintain a constant weight as the child grows, while increasing the physical activity to improve fitness. The Academy of Pediatrics recommends that children participate in regular physical activity and decrease passive activities (TV, and video/computer games).

You may contact your school nurse if you have any questions regarding this information.

Sincerely,  
Beverly Martin, RN  
Head of Health Services

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Dear Parent/Guardian:

As part of a required school health examination, a student is weighed and his/her height is measured. These numbers are used to figure out the student's body mass index or "BMI". The BMI helps the doctor or nurse 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. A sample of school districts will be selected to take part in a survey by the New York State Department of Health. If your school is selected to be part of the survey, we will be reporting to New York State Department of Health information about our students' weight status groups. Only summary information is sent. No names and no information about individual students are sent. However, you may choose to have your child's information excluded from this survey.

The information sent to the New York State Department of Health will help health officials develop programs that make it easier for children to be healthier.

**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:**

**Gouverneur Central School  
Attention: Health Office  
113 East Barney Street  
Gouverneur, NY 13642**

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Please **do not** include my child's weight status information in the BMI School Survey.

\_\_\_\_\_  
Print Child's Name

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Print Parent's Name

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date