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**NORTH SALEM**  
CENTRAL SCHOOL DISTRICT  
230 June Road North Salem, New York 10560  
(914) 669-5414 Fax (914) 669-5414

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**Kenneth R. Freeston, Ph.D.**  
Superintendent of Schools

Dear Parents:

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. The North Salem Central School District was selected to take part in a survey by the New York State Department of Health this year and likely every other year. Therefore, we will be reporting to New York State Department of Health information about our students' weight status groups. They are requesting the reported BMI percent's that were reported on the physicals submitted last year on the students that were in Kindergarten, 2nd, 4th, 7th and 10th grades, those students in 1st, 3rd, 5th 8th and 11th this year. 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 report.

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 by December 1, 2018 to:**

**Donna DeMeo, R.N.**

**PQ Nurse**

Phone #-(914)-669-5414 Ext. 3043

Fax #-914-669-5442

**Rita Driscoll, R.N.**

**MS/HS Nurse**

Phone #-(914)-669-5414 Ext 2017

Fax #-914-276-3240

Please do not include my child's weight status information in the 2018-2019 School Survey.

Print Child's Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

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

[www.northsalemschools.org](http://www.northsalemschools.org)

Engage students to continuously learn, question, define and solve problems through critical and creative thinking