



Amherst Central School District

Anthony J. Panella
Superintendent

Jeffrey Wheaton
Director of Health, Physical Education and Athletics

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 groups be included as part of the student's school health examination. A sample of school districts across NYS will be selected to take part in a survey by the New York State Department of Health. ACSD has been selected to be part of the survey. We will be reporting to the 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 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 to (no later than January 2, 2022) to your child's school nurse.

Please do not include my child's weight status information in the **2021-2022** School Survey.

Print Child's Name

Date

Print Parent's Name

Parent's Signature