

Kenai Peninsula Borough School District  
Health Services  
OPT-OUT Form for Growth Screening

Student: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

School: \_\_\_\_\_

Grade: \_\_\_\_\_

Growth screening involves measuring height and weight and calculating Body Mass Index (BMI). The purpose of the Growth Screening Program is to give you information about your child’s growth status. This information also helps KPBSD address a comprehensive approach to the health and wellness.

Alaska Statute Article 02. Section 14.30.127 mandates that school districts provide student hearing and vision screenings for possible identification of unknown or unrecognized diseases or health impairments that may affect a student’s education. While vision and hearing screenings are required, growth screenings are recommended by the Alaska Division of Public Health as another tool to evaluate the health of each child. Results are confidential. The growth screenings will take place in a private setting, supervised by the school nurse. Once completed, parents will be notified in writing of screening results by the school.

**If you would like your child to participate in the free growth screening offered by your school, you do not have to complete this form and NO ACTION IS NEEDED.** If you do not want your child to receive growth screening services at school, please sign and complete the form and return to the school office.

**Please do not screen my child for height and weight.**

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

**If you have any questions, please contact your school nurse.** If you have more questions or concerns, please feel free to contact KPBSD Health Services at 907.283.2190 or [nwalsworth@kpbsd.k12.ak.us](mailto:nwalsworth@kpbsd.k12.ak.us).