



Soldotna Prep School

426 West Redoubt Avenue
Soldotna, AK 99669
(907) 260-2300 phone
(907) 262-6555 fax



Dear Parent/Guardian,

This letter is to let you know about the Body Mass Index (BMI) Screening Program that will be happening at Soldotna Prep. This is part of the standard screening program that includes vision, hearing, height and weight for all new students and 9th grades. In addition, the new program includes height and weight and BMI calculations, with the results being provided for parents. The screening will take place starting in late September until completed.

The purpose of this program is to identify over and underweight students and to give you more information about health, fitness and ideas for a healthy lifestyle. To begin this program we will measure your child's height and weight to find out how your child is growing. We will then use the height and weight to determine the body mass index (BMI), which is one way to determine if your child is above or below the recommended norms by age for body mass. Childhood obesity is associated with more problems with joints, blood sugars, sleep apnea, menses, and high blood pressure.

The school nurse will supervise the screening and your child's privacy will be respected and maintained at all times. The results are strictly confidential and will be kept in your child's school health record. The results will be mailed home or directly communicated in writing to you. Your child's height, weight and BMI will not be given to the child or anyone else in school.

Please keep in mind that this is only a **health screening**. It is recommended that results below the 5th Percentile, considered Underweight, or above the 85th Percentile, as Overweight or Obese, be reviewed with the child's primary health provider. For all children, your child's health care provider can assist you to evaluate the health of your child and further explain the results of this screening. The school nurse can also talk with you about the implications and discuss healthy eating and physical activity.

If you do not wish your child to have the BMI screening, you may sign an opt-out form, although vision and hearing will still be tested according to district policy.

Additional information about children's wellness and fitness is available upon request or you may access the Centers for Disease Control and Prevention resources at http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html.

If you have any questions, please feel free to contact me or the principal, Curtis Schmidt.

Respectfully,

Evie Clough, RN, RCA School Nurse

Mr. Curtis Schmidt
Ms. Karen Ruebsamen
Mrs. Vicki Madden

Administrator
Counselor
Head Secretary

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