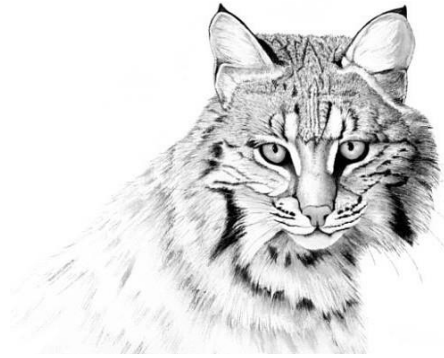


# NORTHERN ADIRONDACK SCHOOL DISTRICT



PO Box 164  
Ellenburg Depot, NY 12935  
(518) 594-3986

Al Pageau, Elementary RN  
And  
George Miller, Middle / High RN

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## New York State BMI Requirement

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 to 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 requires that BMI and weight status group be included as part of the student's school health examination. A sample of the school districts will be selected to take part in a survey by the New York State Department of Health. **NACS has been selected to be part of the survey**, we will be reporting to New York State Department of Health information about our student's weight status groups. Only summary information is sent. No names and no information about the individual students are sent. However, **you may choose to have your child's information excluded from this survey report.**

The information sent to 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:

Northern Adirondack Central School  
5572 Rt. 11 PO Box 164  
Ellenburg Depot, New York 12935

Attn: Al Pageau – Elementary RN  
or  
Attn: George Miller – Middle/High RN

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

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

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Date

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

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

**ONLY RETURN IF YOU DO NOT WANT YOUR CHILD'S INFORMATION USED**