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Reading Public Schools

Instilling a joy of learning and inspiring the innovative leaders of tomorrow

Dear Parent or Guardian:

This letter is to notify you that **Body Mass Index (BMI) screening will be taking place this school year for all 7th grade students.**

According to Massachusetts state regulations, schools collect the heights and weights of students in grades 1, 4, 7 and 10. Each child's height and weight are used to calculate their BMI and are charted in their health record. The results can be made available to you upon written request.

Parents/guardians can request in writing that their child not participate in height/weight screening by contacting the school nurse.

- Please send a note or email the nurse if you do not want your child to participate &
- Attach a current physical with annual screening documented

A Body Mass Index, or BMI, is a measure that is used to show a person's "weight for height for age." It is calculated using an individual's height and weight. BMI is used as a tool in identifying possible health risks.

It should be noted also, that BMI does not tell the whole story about a child's health status, as it does not distinguish between fat and muscle. We encourage you to share the results with your child's health care provider, who is in the best position to evaluate a child's overall health and can also further explain the results of the BMI screening.

Please feel free to contact me if you have any questions.

Sincerely,

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