

**Cairo-Durham Central School District  
Health Office**

**BMI Information  
2019 - 2020**

Please check appropriate school:

C-D Elementary School

C-D Middle School

C-D High School

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 group be included as part of the student's health examination. A sample of school districts will be selected to take part in the survey, we will be reporting to New York State Department of Health. If our school is selected to be a 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 individual students are sent. However, you may choose to have your child's information excluded from this survey report.

The information sent to the NYS Dept. 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, please print and sign your name below and return this form to:

Tracy Selner, RN & Bonnie Diamond, RN- CD Elementary – 518-622-3231

Patricia Seymour, RN - Sarah Myhre R.N. CD Middle/High School – 518-622-0490

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Please **DO NOT** include my child's weight status information on the NYS Dept. of Health's 2019-2020 survey.

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

\_\_\_\_\_  
Child's Grade/Teacher

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

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

\_\_\_\_\_  
Date