

AVON LAKE CITY SCHOOLS
175 Avon Belden Rd.
Avon Lake, Ohio 44012



Date: January, 2012

Dear Parent or Guardian:

Ohio Senate Bill 210, known as the Healthy Choices for Healthy Children Act, was signed into law on June 18, 2010. This law is aimed at reducing childhood obesity by ensuring that students have access to healthy meals and beverages at school and by providing students and parents with information about student health.

One of the first requirements of the law is that all districts and community schools must begin Body Mass Index (BMI) screenings for all students in kindergarten, third grade, fifth grade and ninth grade beginning in the 2010-2011 school year. BMI screenings then must take place in these grades every school year.

Avon Lake City Schools will participate in the BMI screening requirement. Our BMI screenings will take place during the 2011-2012 school year. All screenings will be performed by the Nurses or Physical Education Teachers. We would like for all students to take part in the screening, but by a provision of Senate Bill 210, it is your choice whether or not to allow us to screen your child. No action will be taken against you, your child, or the district or school if your child does not take part.

The results of your child's Body Mass Index screening, given as a "percentile", compare your child's height and weight to those of other children of the same age and sex. The results will be mailed to your home in the spring and only shared with you; no one else will see these results.

Please read the section below and check the box only if you **DO NOT** want your child to take part in the BMI screening. If you check the "No" box, please sign the form and return it to the school by _____.

Sincerely,

School Nurse

Avon Lake City Schools

Child's Name: _____

Grade: _____

I have read this form and know what the BMI screening is about.

NO, my child may **not** take part in the BMI screening.

Parent or guardian's signature: _____

Date: _____