



## ARLINGTON CENTRAL SCHOOL DISTRICT

Lisa Castaldo, Ed. D.

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Dear Parents/Guardians:

As part of a required school health examination for students in Kindergarten and grades 1, 3, 5, 7, 9 and 11, a student is weighed and their height is measured. These numbers are used to figure out the student's body mass index (BMI). The BMI helps the doctor or nurse know if the student's weight is in a healthy range. 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 school districts were selected to take part in a mandatory survey by the New York State Department of Health, and Arlington Central School District has been included in this sample. Therefore, the District will be reporting information about our students' weight status groups to the New York State Department of Health in January 2025. The information that the district is required to send is based on last school year's physicals.

It is important to understand that only summary information is sent. **No names or information about individual students will be sent.** The information from all of our eleven schools will be combined and will be sent to the Department of Health as a district, not by the individual schools. Health officials will use our information, along with the other selected districts' data, to develop programs that make it easier for children to stay healthy.

You may choose to have your child's information excluded. 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 submit your request in writing to the attention of your school nurse.

If you have any questions, please feel free to contact your child's school nurse.

Sincerely,

Dr. Lisa Castaldo

Interim Assistant Superintendent for Pupil Personnel Service