

Letter sent to parents of a child whose weight is between the 5th and 84th percentile of CDC guidelines for gender- and age-specific BMI.

EAST PENN SCHOOL DISTRICT

800 Pine St.
Emmaus, PA 18049
610-966-8300

Dear Parent / Guardian,

Your child had his / her height and weight measured as part of the state mandated health screening for all enrolled students.

Based on these measurements your child's BMI (Body Mass Index) falls **between the 5th and 84th percentile.** Please refer to the attached sheet. You may want to share this information with your family health care provider.

A child with a BMI between the 5th and 84th percentile is within accepted norms for his/her age and sex.

The East Penn School District is concerned with the wellness / fitness of all our students. It is our responsibility to ensure that we do everything possible to maintain or improve the well-being of the children who attend our schools.

We recommend that you maintain a healthy lifestyle by providing a well-balanced diet and opportunity for regular exercise for your child. We encourage you to contact our office with any questions that you may have. We also have materials concerning wellness/fitness available to you.

Please be informed that the information that is presented to you is treated with the strictest confidentiality. This information has not been discussed with your child.

School Nurse: _____

School: _____

Telephone: _____