

MIDDLEBOROUGH PUBLIC SCHOOLS  
HEALTH SERVICES  
MIDDLEBOROUGH, MA 02346

October 2017

Dear Parent or Guardian:

This letter is to notify you about the state's Body Mass Index (BMI) Screening Program for students in grades 1, 4, 7, and 10. According to the regulations which were passed in April of 2009, schools must collect height and weight measurements on students in the above grades. These measurements will then be used to calculate each child's BMI. The results will be documented in the student Health Record and provided to the Department of Public Health according to the regulations.

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 a formula that includes an individual's height and weight. Just like a blood pressure reading or an eye screening test, a BMI can be a useful tool in identifying possible health risks.

In addition, all of our schools will soon begin completing the mandated school hearing, vision, stereopsis, and postural screenings as required by the Massachusetts Department of Public Health. Postural screening is required for all students in grades 5 through 9.

Beginning in September of 2017, SBIRT (Screening, Brief Intervention, and Referral to Treatment) will be part of our mandated screenings in grades 7 and 9. SBIRT screening was part of the Opioid Bill signed into law by Governor Baker on March 14, 2016 and is focused on discussing substance use/abuse and the importance of making healthy decisions.

Your child's screening will be supervised by the school nurse, and your child's privacy will be respected at all times. The results of your child's screenings are strictly confidential- the results will be kept in your child's school health record. **If you wish to exclude your child from any of these screenings, please notify your school nurse in writing.**

If you have any questions or concerns, please contact your school nurse.

Sincerely,

Middleborough Public School Nurses