



**Revere Public Schools  
101 School Street  
Revere, Massachusetts 02151**

**Christopher Malone  
Assistant Superintendent of Schools**

**Tel: 781-286-8226  
FAX: 781-286-8221  
cmalone@revere.mec.edu**

Dear Parent or Guardian:

February 12, 2015

This letter is to let you know about the Body Mass Index (BMI) Screening Program that will be happening soon at your child's school. 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 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. The purpose of the BMI Screening Program is to collect data on overall student health and wellness.

In the Revere Public Schools, we address our children's health and wellness with a comprehensive approach that includes health screenings. Massachusetts schools have taken heights and weights of students each year since the 1950's. According to the state's new modified BMI screening regulation, schools will continue to collect the heights and weights of students in grades 1, 4, 7 and 10. Each child's height and weight will then be used to calculate their BMI. Previously, results were sent home to parents but with regulation changes this will no longer occur. Individual student results will remain confidential. Parents who have concerns about their child's specific BMI results may contact their school nurse for this information.

The school nurse will supervise your child's screening and will make sure your child's privacy is respected at all times. The results of your child's height, weight, and BMI measurements are strictly confidential – the results will be kept in your child's school health record.

A BMI does not tell the whole story about your child's health status. BMI does not distinguish between fat and muscle. For example, if a child is very athletic and has a lot of muscle, his or her BMI may be high even though he or she is not overweight. Your child's doctor or nurse is in the best position to evaluate his or her overall health and can explain the results of his or her BMI screening. They can also talk with you about whether there are steps you can take to encourage healthy eating and physical activity.

We are very interested in making sure that all our students are healthy. This year, the BMI screening will take place during February and March. All children in grades 1, 4, 7 and 10 will have their height and weight measured and will have their Body Mass Index (BMI) calculated.

Please feel free to call me at 781-286-8226 with any questions you may have about the BMI screening. Additional information about children's wellness and fitness is available upon request or you may access the state's resources at [www.mass.gov/massinmotion/](http://www.mass.gov/massinmotion/).

Sincerely,

Christopher Malone  
Assistant Superintendent of Schools