



# Quakertown Community School District

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2017

Dear Parent/Guardian:

The health and wellness of our children are a national priority. In the Quakertown Community School District we address our children's health and wellness needs with physical activity programs, nutrition, and education.

The Growth Screening Program has been phased in over a three year period. All students in grades K-12 are mandated to have their BMI calculated and reported to the state. All students enrolled in Pennsylvania schools will have their height and weight measured, and the results will be used to calculate their body mass index (BMI). BMI is one screening tool used to determine whether a child is overweight or underweight.

**IF YOU DO NOT WANT YOUR CHILD TESTED FOR THIS PROGRAM,  
PLEASE SEND A WRITTEN REQUEST TO YOUR BUILDING PRINCIPAL.**

Your child's BMI is based on the ratio of height to weight. BMI is reported as a percentile ranking based on the child's age and gender. The Centers for Disease Control (CDC) created the percentile ranges to identify children who may be at risk for specific health problems. Children with high BMI are at increased risk for serious health conditions such as insulin resistance (a precursor to diabetes) and heart disease.

Like all screening tools, BMI can produce some false positives or negatives. For example, a student may have an artificially high BMI due to a high level of lean body mass or muscle, as may be found in a well-conditioned athlete. That's why it's so important to follow up with your doctor if your child's BMI is high or low.

Your child's BMI is strictly confidential and will not be discussed with anyone other than you and your child. Please share your child's BMI information with your child's health care provider. Your family doctor is in the best position to evaluate your child's overall health.

Please keep in mind that a Body Mass Index score is only one measure of student health. Our school nurses will be providing additional information explaining this new requirement.

If you would like to know more, please call your child's school nurse with any questions you may have.

Very respectfully,

William E. Harner, Ph.D.  
Superintendent