

Oakbrook Elementary

BMI Screening

November 2015

Dear Parent or Guardian,

Dorchester School District Two is participating in the statewide implementation of the South Carolina FitnessGram 2015 web-based software system. Our district is committed to supporting our students in being healthy and ready to learn every day. Research shows that higher levels of student fitness are linked to better academic performance.

The software will assist Physical Education teachers with managing and reporting student fitness results to students and parents. FitnessGram is the gold standard program for health-related fitness assessment and reporting for youth.

Students enrolled in physical education in grades five, eight and the required high school course, will participate in six FitnessGram tests: either the mile run (grades 6 – 12), PACER (grades 3 –12), or the walk test; push-ups; curl-ups; back-saver sit and reach; trunk lift; height and weight for body mass index (BMI). BMI testing will take place in a setting that provides privacy and respect to each and every child.

As a parent/guardian of a student in grades five, eight or enrolled in the required physical education course for high school graduation, you will be able to access a report regarding your child's level of health-related fitness, BMI and the standard levels that are representative of good health.

If you have any questions please contact your child's Physical Education teacher. Thank you for your help in supporting students in being fit, healthy and ready to learn.

If you do NOT give permission for your child to participate in the BMI screening, please complete the information in its entirety on the bottom of this letter and return it to your child's Physical Education teacher.

If you choose NOT to return this letter, your child will participate in the BMI screening.

_____ I do NOT give permission for my child to participate in the BMI screening.

School: _____ P.E. Teacher: _____ Homeroom: _____

Student Name (please print): _____

Parent/Guardian Name (please print): _____

Parent/Guardian Name (signature): _____ Date: _____