

## Health Services Information

The health and wellness of our children is a national priority. In the Annville-Cleona School District, we address our children's health and wellness needs with a comprehensive approach That includes health screenings, physical activity programs, nutrition, and education.

This year, as the result of a state mandate, the Growth Screening program becomes part of our efforts. All children enrolled in our school district (K-12) will have their height and weight measured, which is then used to calculate their body mass index (BMI). BMI is a screening tool used to determine whether a child is overweight or underweight. 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. **BMI results will be sent home with other screenings in a sealed envelope with report cards at the end of the second marking period.** 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 tissue or muscle, as may be found in a well-conditioned athlete. That is 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 doctor or nurse is in the best position to evaluate your child's overall health.

Our goal is to inform, educate and support our students and parents about growth patterns of their child. There will be informational handouts available in the offices of each school building, as well as, postings from a local organization that is providing supportive services for parents and youth. Please feel free to contact the district's school nurses if you have any questions regarding the Growth Screening Program or need any further assistance.