



# *Wachusett Regional School District*

*Holden, Paxton, Princeton, Rutland, Sterling*

September 9, 2015

Dear Parent/Guardian:

**Re: Annual Wellness Screenings**

The District will be conducting annual, state-mandated wellness screenings for students as follows:

|                        |  |
|------------------------|--|
| Grades K-5             | Vision, Hearing, Height and Weight, each grade, annually     |
| Grades 6-8             | Vision, Hearing Height and Weight, once between grades 6-8   |
| Grades 9-12            | Vision, Hearing, Height and Weight, once between grades 9-12 |
| Grades 1, 4, 7, and 10 | Body Mass Index (BMI)  |

Ref: 105 CMR 200.000 Physical Examination of School Children  
200.400 Vision and Hearing Screenings  
200.500 Annual Assessment of Physical Growth and Development

Please visit the District website for screening dates. [Screenings Calendar 2015-2016](#)

You have the right to opt out of the BMI screening. While your child would be screened for height and weight their BMI would not be calculated should you prefer to opt-out of that process. To opt out, please contact your child's health office and submit the form below..

Please do not hesitate to contact me with questions or concerns.

Sincerely,

Catherine A. Knowles  
Supervisor of Pupil Personnel Services

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I prefer my child not participate in the state-mandated BMI screening.

Student Name \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

**Please sign, date and return to your school health office.**