

THE SCHOOL DISTRICT OF PHILADELPHIA  
SCHOOL HEALTH SERVICES

Growth Screening  
Parent/Guardian Notification

Date \_\_\_\_\_

Dear Parent/Guardian:

\_\_\_\_\_ was measured for height and weight as part of the Pennsylvania Growth Screening Program. A **Body Mass Index (BMI)** for Age percentile was also calculated. BMI is used as a guideline to help assess a person's health risks related to weight. Your child's BMI is strictly confidential and will not be discussed with anyone other than you and your child.

Your child's measurements were:

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Body Mass Index for Age-percentile: \_\_\_\_\_

BMI Percentile Guideline

Less than 5th percentile	Underweight
5th - 84th percentile	Normal weight
85th - 94th percentile	At risk for overweight
Greater than 94th percentile	Overweight

BMI is a screening tool and should not be considered a definite measure of underweight or overweight.

For more information about BMI, please see the information on the reverse side.

It is important that you share the results of the Growth Screening Program with your child's health care provider. Your doctor can talk to you about your child's weight. If you do not have health insurance or access to health care, or if you have any questions, call your school nurse at (215) \_\_\_\_\_.

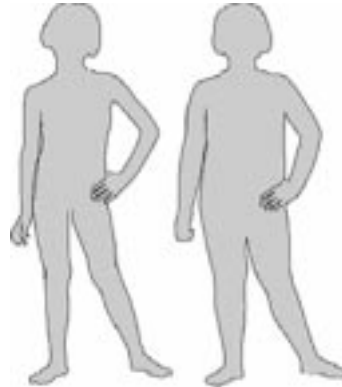
The School District of Philadelphia is committed to a partnership with you in supporting the health and well-being of your child. As a parent you can help your child by following some of the suggestions found in the reverse side of this letter.

Respectfully,

School Nurse

# Healthy, Active Children: A Home and School Partnership

Normal
Age: 9 Weight: 53 lbs. Height: 48" Body Mass Index: 16 BMI Percentile: 50th



Overweight
Age: 9 Weight: 70 lbs. Height: 48" Body Mass Index: 21.5 BMI Percentile: 95th

## What Can You Do To Be Healthy

### HEALTHY EATING and DRINKING

#### Tips for Healthy Eating

- Add fruits and vegetables to every meal
- Eat breakfast everyday
- Eat together as a family
- Try not to use food as a reward
- Buy fewer high calorie, high fat snacks.

#### Think Your Drink



Low Fat Milk

Serving Size = 8 oz.

Total fat	4%
Total Carbohydrate	4%
Protein	16%
Vitamin A	10%
Vitamin C	4%
Vitamin D	25%
Calcium	30%



Soda

Serving Size = 8 oz.

Total fat	0%
Total Carbohydrate	14%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

### PHYSICAL ACTIVITY



#### What Can You Do



1. Make sure your children get 60 minutes of physical activity every day
2. Be a physical role model
3. Limit the amount of time your children spend watching TV and playing video games.

#### Ideas for Staying Active

Dance  
 Jump rope  
 Play tag  
 Ride your bike  
 Take a walk  
 Join a sport team



Images Courtesy of Wisconsin Milk Marketing Board