



# Miami-Dade County Public Schools

*giving our students the world*

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Silvia P. Tarafa

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August 19, 2019

Dear Parent/Guardian:

Each year, children in specified grades are measured for height and weight to monitor their physical growth and development. For the school year 2019-2020, this is being taken a step further in the Miami-Dade County Public Schools by calculating your child's Body Mass Index (BMI). This calculation tells us if a child is in the normal range for weight, or is outside the norm and has increased potential to develop certain chronic health conditions during childhood or adulthood. BMI is the recommended screening method for children and adolescents. It is based upon a child's age and gender, calculated using a child's height and weight, and compared to standardized growth charts. BMI screening is an additional school health service to assist in appraising, protecting, and promoting the health of your child. It is intended to encourage good nutritional habits and healthy physical activity.

The school health staff will conduct this routine screening. If you do not want your child to participate please notify the school in writing.

If your child participates in this initiative, you will receive a copy of the BMI screening results, and explanation of the results. In addition, the 2019-2020 school year will include information and activities that focus on healthy lifestyles and wellness.

Sincerely,

Silvia P. Tarafa  
Principal