



Wachusett Regional School District

Holden, Paxton, Princeton, Rutland, Sterling

September 6, 2019

Dear Parent/Guardian:

RE: Annual Wellness Screenings

The District will be conducting annual wellness screenings for students as follows:

Grades K, 2, 3	vision, hearing and weight
Grades 1	vision, hearing, height and weight for BMI
Grade 4	vision, height and weight for BMI
Grade 5	vision, weight
Grade 7	vision, hearing, height and weight for BMI
Grade 10	vision, hearing, height and weight for BMI

Ref: *105 CMR 200.000: PHYSICAL EXAMINATION OF SCHOOL CHILDREN*
200.500: Annual Assessment of Physical Growth and Development

Please visit the District website, or your child's school's website, for screening dates.

You have the right to opt-out of the BMI screening. To opt out, please contact your child's school nurse or complete the form provided below and return to the school nurse on or before your child's screening date.

Please do not hesitate to contact your child's school nurse with questions or concerns.

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

Student Name _____ Grade _____ School _____

Parent/Guardian Signature _____ Date _____