

GROWTH AND DEVELOPMENT SCREENINGS

WESTON PUBLIC SCHOOLS PROTOCOLS:

In order to fulfill the requirements of M.G.L. c. 111, § 3 and 5; c. 71, § 57 -- 105 CMR 200.500: Growth and Development Screenings, the District Nurse Leader will work collaboratively with the Director of Wellness Education to ensure that all requirements of this statute are met. This collaboration will include the following:

1. **NOTIFICATION:** All parents and legal guardians will receive written notification via mail of the Massachusetts regulation requiring a growth development screening for Body Mass Index (BMI) and reporting for all students in grades 1, 4, 7, and 10. Included in this notification will be an explanation of the total Wellness Screening protocols conducted within the Health Services program and the Health & Physical Education curriculum, and the benefits of such screening. Parents will be provided with the mechanism to request, in writing, for the exemption of their student(s) from BMI portion of this comprehensive wellness screening *(fulfills Section E of 200.500)*.
2. **MEASUREMENT:** All students in grades K-12 will receive annual comprehensive Wellness Screenings. Individual components of this screening will be conducted in such ways as to protect the privacy of the student during the screening process. The comprehensive Wellness Screening shall include:
 - a. Measurement of height and weight
 - b. Calculation of Body Mass Index (BMI).
 - c. Assessment of Physical Fitness and/or Gross Motor Development based on developmentally-appropriate measures as identified by the Department of Wellness Education.*(Fulfills Section A of 200.500)*
3. **REPORTING TO PARENTS/GUARDIANS:** A written report of each child's Body Mass Index and percentile by age will be provided to the child's parent(s) or guardian(s) for each student in Grades 1, 4, 7 & 10. This may be included as part of a comprehensive report of each student's Wellness Screening results. This report may include the following:
 - a. The student's Body Mass Index and percentile by age
 - b. The student's performance measures on all other areas of fitness and/or gross motor abilities tested.
 - c. Informational and explanatory materials about BMI, healthy eating and physical activity.
 - d. The explicit instruction that questions about a student's healthy weight should be discussed with the student's primary care provider.*(Fulfills Section B of 200.500)*
4. **REPORTING TO DEPARTMENT OF PUBLIC HEALTH:** The District Nurse Leader will provide the Department of Public Health with annual aggregate reports of student BMI data, by school and by district. *(Fulfills Section C of 200.500)*

5. RECORD MAINTENANCE: A copy of the student's BMI score shall be maintained in the student's health record, and the parents shall be directed to provide a copy to the student's primary care provider. This portion of the student health record is available to each student and his/her parent(s)/guardian(s), and will be maintained, in accordance with all applicable district, state and federal guidelines and laws relating to such records. (*Fulfills Section D of 200.500*)

LEGAL REF.: M.G.L. c. 111, § 3 and 5; c. 71, § 57 -- 105 CMR 200.500: Growth and Development Screenings
M.G.L. c. 111, § 3 and 5; c. 71, § 57 -- 105 CMR 200.000: PHYSICAL EXAMINATION OF SCHOOL CHILDREN

Adopted: November 21, 2011