



Spencer East Brookfield Regional School District Student Services Department

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Director of Student Services Department: David Gates

Dear Spencer East Brookfield Parents/Guardians;

This letter is to notify you of the required Massachusetts school health screenings which will be performed throughout the school year.

Massachusetts regulations 105 CMR 200.5500 (2009) requires Massachusetts public schools to perform the following screenings for school children;

- Vision Screening: Grades PK-5, 7, 10
- Hearing Screening: Grades K-3, 7, 10
- Postural Screening: Grades 5-9
- Height and Weight (Body Mass Index, BMI): Grades 1, 4, 7, & 10
- SBIRT Screening: Grades 7 & 9

Height and weight measurements will be used to calculate each student's BMI. The results will be documented in the student's health record and provided to the Department of Public Health in aggregate form, according to state regulations. A BMI is a measurement that is used to show an individual's "weight for height for age". BMI is calculated using a formula that includes the student's height and weight. As with blood pressure, eye screenings, and hearing screenings, a BMI can be a useful tool in identifying possible health risks.

SBIRT is an evidence-based screening used to prevent and identify early risk for substance abuse. This screening is performed in grades 7 and 10. The screening utilizes the CRAFFT tool, as recommended by the American Academy of Pediatrics Committee on Substance Abuse. Student screening sessions will be brief and conducted confidentially in a private one-on-one session. Parents /guardians will be notified prior to the screening.

Your child's privacy will be respected at all times. The results of your child's screening will be strictly confidential. You can request a copy of your child's BMI screening. Parents/guardians will only be notified of a failure or a referral.

If you wish to exclude your child from any of these school screenings please notify your school nurse in writing. If you have any questions or concerns please contact your school nurse.

Sincerely,

Spencer East Brookfield Regional School District Nurses