



**CHULAVISTA ELEMENTARY SCHOOL DISTRICT**  
**84 East "J" Street • Chula Vista, CA 91910 • Tel. 425-9600**  
**Operations and Instruction Support Services**

**Height & Weight Surveillance Project**  
**Pre-school through 6<sup>th</sup> grade**

**PARENTAL NOTIFICATION**

As you may know, children’s health is at greater risk because of childhood obesity, poor nutrition and lack of physical activity. The Chula Vista Elementary School District knows how important good health is to learning. The focus of this Height & Weight Surveillance Project is to collect data that will help the District plan for more effective learning environments that encourage healthy eating and life-long physical activity habits.

CVESD will begin collecting height & weight data in all schools (including preschool) beginning in November 2012. The data will be part of a biennial surveillance project intended to get a “second look” at grade-level results based on age, gender, school, and district measures. The District will be comparing results with the 2010 measures and sharing our progress with schools, parent groups and other community agencies in February 2013.

All heights and weights will be measured in a confidential setting and remain confidential (information *will not* be given to individual student and/or to school staff). Your child’s height and weight will be added to the measurements we collect for all students. The name of your child will not be in any report or linked to the information that is collected. District and school profiles will be created and reported to the Board of Education and each school community. Additionally, we anticipate sharing our data with the County of San Diego Immunization and BMI Registry to help us track age/grade/gender trends throughout our region.

Body Mass Index (BMI) is a number calculated from a child's weight and height. For children and teens, BMI is age- and gender-specific and is often referred to as BMI-for-age. BMI is a reliable indicator of body fatness for most children and teens. For more information on BMI, go to <http://www.cvesd.org/COMMUNITY/Pages/Wellness.aspx> click on the *Nutrition Education* icon, scroll down to *Other Resources*, click on “About BMI for Children and Teens” under *Centers for Disease Control (CDC)* scroll down to access the new growth charts (or go directly to [http://www.cdc.gov/healthyweight/assessing/bmi/childrens\\_bmi/about\\_childrens\\_bmi.html](http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html) and scroll down to charts).

If you do NOT want your child weighed and measured, please complete and sign the form below and send it back to school with your child by **November 1, 2012**.

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ONLY IF YOU **DO NOT** WANT YOUR CHILD MEASURED, RETURN THIS SECTION TO SCHOOL

I **do not** want my child: \_\_\_\_\_ to be measured

School \_\_\_\_\_ Teacher/Grade \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

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