

Date

Dear Parent:

Attached are the results of your child's **health screening related to height, weight, and body mass index (BMI)**. This tool is provided by Nemours Foundation for Kids Health.

Good nutrition and being physically active are part of good health. Children need enough food for proper growth, but too many calories and too little physical activity can lead to health problems.

Sometimes small changes can make all the difference. Offering vegetables and fruits, using low-fat milk instead of whole milk, giving one cookie instead of two, and serving lean meats, poultry, fish or nuts can be a great start to good nutrition.

Weight loss for children is only recommended under the supervision of a physician. If the School Based Health Team can be of any assistance to you and your family, do not hesitate to contact us.

Wishing you good health,

(Principal)

Enclosure