

GROTON-DUNSTABLE

REGIONAL MIDDLE SCHOOL

344/346 Main Street • P.O. Box 727 • Groton, Massachusetts 01450
978-448-6155 • www.gdrsd.org

Steven M. Silverman
Principal

Mark W. Branco
Dina M. Mancini
Assistant Principals

Dear Parent/Guardian;

The state of Massachusetts mandates that public schools conduct postural screenings and collect height and weight information on students. The scoliosis screening must be conducted on all students in grades 5-9 annually. The school nursing staff must also document height and weight information for each student in grades 1, 4, 7 and 10. BMI and scoliosis information is provided to the M.D.P.H. anonymously through year-end reports. Any parent/guardian who does not want their child to participate in the postural screening is required to provide the school nurse with a physician note stating that the screening has been performed. The date and results of the screening must be included in the physician note.

The fall semester postural screening will take place on 11/23/09 & 11/24/09.

The spring semester postural screening will take place on 3/29/10 & 3/30/10.

A Wellness teacher certified to conduct postural screenings and/or the school nurses will conduct the postural screenings. A wellness teacher, nurse, or another staff member also does height and weight measures at this time. The Wellness teachers may ask students to use their personal height and weight data in class, privately, as they learn to compute their BMI.

This step is part of a fitness program in which your son/daughter will participate in Wellness class this semester. In this program students will do a baseline assessment of their fitness levels through participating in various fitness tests such as the mile run, sit-ups, standing long jump, and more. The overall goal of the fitness program is to teach students how to assess their fitness level independently and develop life long skills to support a healthy lifestyle.

Should you have any questions, please contact us.

Sincerely,

Kay Stidsen, RN
Alison Enright, RN
Jen DeRouin, RN
Middle School Nurses

Matt LeBlanc
Deb Watelet
Sue Mahoney
The Groton-Dunstable Regional Middle School Wellness Department