January 8, 2013

Dear Parent/Guardian,

As you may be aware, Plymouth Public Schools received a PEP grant that focuses on student fitness and nutrition. You child(ren) may have come home and discussed taking the pacer test and nutrition survey in physical education class. This grant is a three year grant and these type of assessments will continue to be administered for the duration of the grant.

In addition to the above, the grant requires a multitude of data collection. Each school nurse will be inputting kindergarten, 7th and 10th graders height and weight, which were obtained from the student’s physical form submitted at the beginning of the school year. Each student was “de-identified” meaning that no student names were attached to the data. Each student was completely anonymous. This information will be converted into a “trend data” report. That report will help us create a specific approach to health and nutrition in Plymouth.

Furthermore, the grant requires us to follow a small number of students over a three year period. The students are to come initially from grades kindergarten, fourth, seventh and tenth. These randomly selected students heights and weights will be documented for the next three years. Again, each student, for reporting purposes, will be de-identified. This year, the heights and weights of the current kindergarteners, seventh and tenth graders will come from their individual physical forms. For the fourth graders, the school nurse will privately take each students height and weight. Then again in school year 2013-2014 and 2014-2015, these specific students will have their heights and weights taken by the school nurse. This data will be used to determine if curriculum, professional development and fitness/nutrition education had a positive impact on student health.

You are receiving this letter because your child has been randomly selected to be followed over the next three years. If you DO NOT want your child to participate in this data collection, please sign and return the exemption form to the school nurse by January 18, 2013. Please only sign the form if you DO NOT want your child to participate. Please feel free to contact me or your school nurse if you have any questions or concerns.

Thank you,

Lisa Daly, Program Coordinator

Healthy & Fit 4 Life

I, (your name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ do not want my child

(your child’s name)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to participate in the height and weight data collection as part of the district PEP grant.

(parent signature)

(date)