



SEATTLE
PUBLIC
SCHOOLS

2009-2010

Dear Parent/Guardian:

This letter is to inform you of the opportunity your student will be participating in during his/her physical education class this coming school year.

Starting in grade 3 in Physical Education, your child will be doing the Basic Fitness measurements to evaluate his/her current levels in the five components of health related fitness, which include Cardiorespiratory Endurance, Muscular Strength, Muscular Endurance, Flexibility and Body Composition (height and weight, to calculate Body Mass Index-BMI). This fitness process is supporting the K-12 Physical Education 'FIVE FOR LIFE' articulated physical education curriculum district wide.

You child's fitness levels are compared to minimum health related standards that have been developed for children of the same age and gender.

The basic measurements consist of three phases; baseline, goal setting and post measurement. Phase one is the baseline measurements. Its purpose is to gather information about the students beginning fitness levels. Each item is specifically designed to measure one of the five components of health related fitness. By finding the starting point, students develop an awareness of where they are on a fitness and health continuum. It is important that students do not view this as a competition, but rather a starting point to improve their own personal fitness levels. Height and weight are taken privately and the information is held confidentially by the Physical Education teacher.

In the Seattle Public Schools we will be conducting height and weight measurements to calculate Body Mass Index (BMI) for individual surveillance purposes only. Body Composition is the combination of fat-free mass and fat mass. Fat-free mass is the combined weight of bones, muscles, organs, blood and water. Fat mass is the total weight of fat stored in the body. Having a healthy body is the correct balance of fat-free mass and fat mass. Measuring a person's height and weight will allow for monitoring the body's natural changes during growth, which in turn helps with understanding body composition and helping each student create a life time fitness plan.

If you do not want your child to participate in the height and weight measurement process please return this signed form to your student's Physical Education teacher.

If you should have any questions or concerns please feel free to contact me.

Sincerely,

Lori S. Dunn
K-12 Physical Education Program Manager Seattle Public Schools
lsdunn@seattleschools.org

I request that my son/daughter be excused from the height and weight (BMI) measurement process in Physical Education during the 2009-2010 school year.

Student (s) _____ School _____ Grade _____ Room # _____

Parent/Guardian Signature _____ Date _____