



Pocono Mountain School District

PO Box 200 · Swiftwater, PA 18730 · 570-839-7121

August 2025

Dear Parent/Guardian:

In the Pocono Mountain School District, we believe that our children's health and wellness have a direct impact on academic achievement. That is why we provide health screenings, in addition to academic and extra-curricular activities.

Every year we measure your child's height and weight, a reflection of his/her growth. Beginning in fall 2005, the Pennsylvania Department of Health requires that we use that information to better inform you about your child's health. For the 2025 – 2026 school year, all students grades K – 12 will be receiving this health screening. The Growth Screening Program (GSP) will consider your child's height, weight, gender and age, and use that information to calculate and chart his/her Body Mass Index (BMI) percentile. The BMI is used as a guideline to help assess whether your child may be overweight or underweight. It is important to note that the BMI report used for children is different than that used for adults. Measurements taken yearly can indicate whether your child is gaining weight too quickly or too slowly.

Healthy children come in all sizes and shapes. However, a high or low BMI percentile may be a sign of a potential health problem. A student who is overweight may have an increased risk of developing serious conditions including diabetes and heart disease. A student who is underweight may have an increased risk of heart problems, loss of bone mass and anemia. An over or underweight condition may also be a sign of an eating disorder.

The BMI percentile is only a screening. Many factors, including sports participation, family history or stage of puberty can influence the BMI percentile. It is important that you share the results with your child's health care provider, the person best qualified to evaluate your child's overall health.

For students in grades K-12, you will be mailed your child's Growth Screening Program results. Our hope is that you will use this valuable information to help assure your child a healthy life. As with all your child's health information, their growth screening results are strictly confidential and will not be discussed with anyone other than you and your child. If you have any questions please call the school nurse at 839-7121, and the receptionist will direct you to the appropriate nurse's office.

Sincerely,

Dr. Elizabeth Robison

Dr. Elizabeth Robison
Superintendent