

Richard Hardy Memorial School

Coordinated School Health

School Nurse

423-837-7282(phone)

423-600-6866 (fax)

RE: Health Screening for 2022-2023 School year

Dear Parent/Guardian:

Your Child recently participated in free health screenings that included vision and hearing, blood pressure, and body mass index (BMI). Below you will find description of the screenings.

Vision/Hearing- Good vision and hearing is very important throughout life to conduct every day skills, keeping safe and performing academic skills such as reading and hearing.

Blood Pressure- High Blood Pressure or Hypertension can be an indicator of serious health issues. Blood pressure can usually be controlled with diet and exercise. High blood pressure should always be monitored by a physician.

Body Mass Index(BMI)- The height/weight age method to determine if a student is underweight, healthy weight, at risk for overweight and overweight according to the CDC guidelines, below **18.5** underweight, **18.5-24.9** normal weight, **25.0-29.9** at risk for overweight, **30.0** or more overweight.

Screening is NOT diagnostic and should not be considered the equivalent of a medical examination. Your child should have well check-ups with his/her pediatrician as he/she deems necessary. Please contact your school nurse or health care provider if you have any questions.

Thank you,

Regina Smith RN