

Dear Parents,

Beginning September, 2014, District 65 physical education teachers will be completing Fall FITNESSGRAM tests for all middle school students. Students participate in FITNESSGRAM testing in the Fall and Spring to monitor fitness levels. Their performance on the tests will be compared to Healthy Fitness Zone standards to provide a measurement of overall health and track their progress in meeting the individual fitness goals that students have set for themselves.

FITNESSGRAM is a nationally recognized, criterion-referenced assessment to determine students' fitness levels based on what is optimal for good health. The assessment measures the five health-related components of physical fitness that have been identified as important for overall health: cardiovascular endurance, body composition, muscular endurance, strength and flexibility. The results are for the individual student and will not be shared or compared to other students in the class.

In District 65, we have been participating in FITNESSGRAM testing for several years and have experienced student success with setting goals and improving fitness levels. Height and weight are measured to calculate body mass index (BMI) and aerobic capacity, the most significant predictors of health and preventable disease for an individual. For BMI testing, students are weighed and measured in a private area on a physician scale that is calibrated before each weigh-in to ensure the accuracy of the measurement. Their scores are entered via an iPad into the FITNESSGRAM program along with the scores from the other tests. **If you do not want your child to participate in the BMI testing (height and weight calculation), you may opt out of this portion of the FITNESSGRAM. To opt out, please complete the "Fall Opt-Out" form and return it to your child's P.E. teacher as soon as possible and before September 22, 2014. If you suspect that the BMI testing might be a problem for your child due to known body image or eating issues, please contact the PE teacher and/or School Social Worker (SSW) to discuss your concerns.**

When the testing is completed, you will receive an email with information about how you can access your child's FITNESSGRAM report. The report will illustrate whether your child is in a "Healthy Zone" or "Needs Improvement." We encourage you to discuss the results with your child.

Parents can provide students with access to their FITNESSGRAM report if they choose to do so. PE teachers will not provide students with access to their report at school. After the two week window allowing time for parents to discuss the report with their child, the PE teachers will engage in general discussion about the Healthy Fitness Zones and how to maintain and/or improve fitness levels. Students' individual scores will not be discussed.

If the PE staff and/or SSW are concerned with your child's reaction to the administration or results of the FITNESSGRAM testing, the SSW will contact you and review their concerns. **Additionally, you will receive a phone call if results show that a student's health is in the "Health Risk Zone" based on the data analysis.** At that time immediate medical follow up will be recommended and you will be directed to the Coordinator of Health Services if your child does not already have a health care provider and you would like assistance in finding one.

We are very committed to our focus of helping our students improve their health and fitness levels. **At the end of this letter you will find the height and weight measuring procedures and the support protocol for students and staff. If you would like more information about FITNESSGRAM, please contact me.**

Sincerely,

Denise Rossa
District 65 PE Dept. Chair
847.859.8654
rossad@district65.net

District 65 FITNESSGRAM Height and Weight Protocol

1. All PE teachers will weigh students with a physician's scale that is calibrated before use and is calibrated every time it is moved.
2. All students weigh in their P.E. uniform (Shorts/ T-shirt) and remove their shoes.
3. All students will weigh with their back facing the scale.
4. The student will be instructed to stand still until weight plateaus on the physician's scale.
5. The measured weight will be documented on the iPad in FITNESSGRAM software.
6. For height measurement, students will remain on the scale standing erect with their back straight and shoulders back (stand up straight and look straight ahead).
7. Next, the student's head is positioned in the Frankfort Horizontal Plane. In this position, an imaginary line can be drawn from the bottom of the eye socket (orbital margin) to the external opening of the ear (external auditory canal).
8. Student will inhale deeply and hold his/her breath WHILE MAINTAINING the head and body in the same position. Sometimes a student will either lift his/her head or pull up onto the toes when taking the deep breath. If this happens, the measurer will re-position the body and head before taking the measurement.
9. The measured height will be documented on the iPad in FITNESSGRAM software.
10. The parents will be informed that their results will be on the FITNESSGRAM for later review. (The results are NOT shared with students at this time.)
11. The student steps off the scale.

NOTE:

Privacy and sensitivity is critical when testing. It is also important that FITNESSGRAM testing is done hand in hand with education about acceptances of differences and student awareness that "healthy" comes in all shapes and sizes. The PE Department chair will be provided with release time during BMI data collection to ensure that the implementation protocols are standard throughout the District.

Supports for Students/Staff When Implementing and Collecting Data for the FITNESSGRAM

1. The PE teacher will notify the School Social Worker (SSW) when the FITNESSGRAM is to be implemented.
2. The SSW will review the list of students in the PE class and determine whether there are any students in that class who may be sensitive or more anxious regarding the FITNESSGRAM data collection due to an eating disorder, or another emotional issue. If it is determined that the student will clearly have difficulty with this, a discussion will take place between the SSW, PE teacher and parent as to whether to move forward with the data collection or not.
3. Prior to the implementation of the FITNESSGRAM Program, PE teachers will participate in a professional development activity. The professional development will include the following:
 - a. Review of the PE teachers' responsibilities before, during and after the implementation of FITNESSGRAM to ensure standard implementation across the District. (PE procedures developed by Department Chair)
 - b. Emphasis on the need to send out the Parent Notification Letter in a timely manner; letter to include:
 - i. The purpose and dates of the FITNESSGRAM and data collection
 - ii. Statement regarding how and under what circumstances the data will be collected and the student's privacy respected and maintained
 - iii. Explanation and form for Opt-Out Procedure
 - iv. Statement regarding when and how parents will receive their FITNESSGRAM results
 - v. Statement asking parents to contact the PE teacher or SSW if parent suspects student has body image or eating issues
 - vi. Statement that parent will be contacted if results show that a student's results are in the "Health Risk Zone" based on the data analysis; additionally, that every attempt will be made to assist the parent in acquiring the appropriate medical follow up. Parent will be directed to the Coordinator of Health Services if the student does not already have a health care provider.
4. The PE Department Chair will be provided with release time to visit schools to ensure that the implementation protocols are followed.
5. The PE teacher will be vigilant during and after the data collection process and will notify the SSW of any student who appears to experience emotional distress during class. The SSW will immediately meet with the student and will notify parent to assist in referring the student, as needed, to an outside agency or medical provider.

District 65 Physical Education Department
FALL FITNESSGRAM Height/Weight
PARENT OPT-OUT FORM

This form needs to be filled out ONLY by parents who want to opt their child out of the Fall BMI testing (height & weight); the completed form must be turned into your child's PE teacher before September 22, 2014.

Please check "✓" below if you do not want your child to get their height/weight measured to determine their fitness level, as a part of the 5 health-related FITNESSGRAM testing done in class.

_____ **I do not** want my child to participate in the private BMI testing for FITNESSGRAM as a part of the district's physical education curriculum.

Parent's Name
(Print) _____

Student's Name
(Print) _____

Student's PE
Teacher _____ School _____

Parent's
Signature _____ Date _____

Student's
Signature _____ Date _____

For any further assistance please contact Denise Rossa, District 65 Physical Education Department Chairperson at:

Office: **847.859.8654** or email: **rossad@district65.net**

