Pennsylvania
Department of Health

Sample Parent/Guardian Exemption Form for Height and Weight Measurement

Student Name: _____

Grade: _____

Date of Birth: _____

School Name: _____

Growth screening involves measuring height and weight and calculating Body Mass Index (BMI). The purpose of the Growth Screening Program is to give you information about your child's growth status. This information also helps provide a comprehensive approach to health and wellness.

Recent updates to Pennsylvania School Code for Growth Screening (*See* 24 P.S. § 14-1402(a.3)) specify:

- Each child of school age shall be given a measurement of height and weight by a school nurse or other health care practitioner who shall collect that information in a manner that protects student confidentiality.
- A student shall be exempt from measurement of height and weight if the parent or legal guardian requests an exemption in writing.

If you **do not** wish your child to receive growth screening services at school, please sign and complete the form and return to the school nurse.

( ) **Please do not screen my child for height and weight.**

*This Opt-Out shall remain in effect until the parent/guardian requests in writing to have the Opt-Out removed.

_____ _____

Parent/Guardian Signature **Date**

Updated: September 2026