

Concord-Carlisle High School

500 Walden Street, Concord, MA 01742

Phone: (978) 341-2490
Fax: (978) 318-1435

July 1, 2010

Dear Parent(s)/Guardian(s):

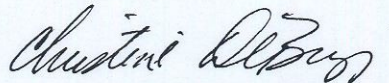
During semester one, the sophomore class will be participating in the Health and Fitness Assessment component of the Health & Fitness Curriculum. The 10th Grade Fitness Assessment Unit utilizes testing from FITNESSGRAM and The Copper Institute. The assessments include: BACK-SAVER SIT and REACH: Flexibility describes the range of motion possible at various joints. MILE RUN and Coopers 12 minute walk/run: Cardiovascular Fitness, which relates to the ability of the heart, blood, blood vessels, and the respiratory system to supply oxygen and necessary fuel to the muscles during exercise. RIGHT ANGLE PUSH UPS: Muscular Strength is the ability of a muscle group to apply maximal force against a resistance one time. SIT UPS: Muscle Endurance is the ability to repeat muscle movement for a long period of time. BMI: Body Mass Index: The comparison of height and weight to others of the same age and gender. This assessment is in compliance with the Massachusetts Growth and Development Screening Mandate. These results are presented in percentile form. All BMI fitness results will be confidential and only shared with Parent/Guardian. The entire Health and Fitness Assessment results will be sent home upon completion.

In the event you do not want your child to participate in the BMI portion of the 10th grade Health assessment, please sign the form below and return it to the Nurse's office at CCHS **no later than Friday, September 3, 2010** so that we may omit your child from this activity. If we do not hear from you by this date, we will assume that you approve of your child's participation in the program being offered.

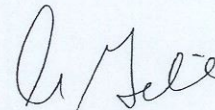
Sincerely,



Peter Badalament
Principal



Christine DeBruzzi RN MSN NCSN
School Nurse
cdebruZZi@colonial.net



Andrea Gillis
Health and Fitness Chairperson
agillis@colonial.net



I DO NOT want my son/daughter _____ to participate in the BMI portion of the tenth grade Health and Fitness Assessments Unit in the Health & Fitness Course.

Parent/Guardian Signature

Telephone #

Date