



April 16, 2013

Dear Rockbridge County Parents,

Rockbridge County Schools is dedicated to providing a quality education to all students and to promote health and wellness as a life-style. We have worked to bring more healthy foods to our cafeterias following the new USDA guidelines to increase the servings of vegetables and fruits each week and control portion sizes and fat. We also through master schedules build activity into the day and provide information to students on making healthy choices. We know you join us in the concern about the health of everyone in Rockbridge County, especially our children.

**Rockbridge County Schools  
BMI Measures of Over-weight/  
Obese Students**

<b>Fall 2012 PERCENTAGE of OVERWEIGHT/ OBESE STUDENTS</b>	
Central	14%
FES	9%
MRMS	35%
Mt View	10%
Nat Bridge	8%
RCHS	38%
RMS	35%
Division	21%

BMI is measured by a formula that using students' height and weight as part of our regular physical fitness and screening programs. Each year we report the percentage of our students who are over-weight/obese. This puts these students at risk of future health complications should their weight and height not proportionally change. We know that all children grow at different rates, and may go through stages when their growth may become slow or accelerated. If you want to know your child's specific BMI please contact the nurse at your child's school and they will share that with you. I encourage you share any concerns you may have with your child's physician who can best determine if there are health concerns now or for the future.

We feel strongly that a healthy diet and physical activity are the keys to maintaining health for all family members. For more information, visit your local library, or go online to [www.cdc.org](http://www.cdc.org)

We hope you find this information helpful. Please contact your child's school nurse or principal if you have any questions.

Sincerely,

Cindy Crance  
Director of Instruction