



**MILWAUKEE
PUBLIC SCHOOLS**

Office of Academics
Department of Curriculum & Instruction
Student Wellness and Prevention
5225 W. Vliet Street
Milwaukee, WI 53208
(414) 475-8057 • mps.milwaukee.k12.wi.us

August 1, 2017

Dear Parents or Guardians:

Milwaukee Public Schools is implementing Fit Check, a fitness testing program in grades 9–12. MPS will be using the fitness test protocols recommended by the Centers for Disease Control and Prevention. This testing is designed to provide accurate and reliable information about your child’s level of physical fitness. The Fit Check physical fitness assessment is based not on athletic ability but on good health. The students will be tested on several aspects of fitness in their physical education class. Physical fitness has a direct correlation to the health and happiness of children and adults and also to academic success.

The fitness tests will *not be used to grade students*, but students will get an individual report that shows the results of the fitness assessment, and the report will provide tips on how to improve or maintain the student’s health. The student’s fitness scores are personal and will not be made public by the school. This is not a competition-based assessment, and students who are not athletes can be and are very often considered to be healthy.

One of the assessments is body mass index (BMI), which will be done by height and weight. This test does *not* tell if a student is too fat or too skinny. It is a measure of the relationships of a student’s height and weight to a healthy height and weight. It is just one indicator of a student’s overall health, and other assessments will help the student determine his or her overall health. If you wish for your student to not participate in the BMI test, please return the form below prior to testing.

Milwaukee Public Schools is dedicated to the development of the whole child. A student’s health and wellness are important indicators of future health, wellness, and academic success. Fit Check will help students understand how to improve or maintain a healthy lifestyle. If you have any other questions, please feel free to talk with your school’s physical education teacher or to contact my office.

Sincerely,

Brett Fuller
Curriculum Specialist for Health and Physical Education

School Name: _____

I do not wish my child, _____ (child’s name), to participate in the BMI testing as part of the Fit Check fitness testing.

Print Name

Parent Signature

Date