



Dear Parent/Guardian,

Guilford County Schools is committed to preparing its students to be physically active and healthy for a lifetime. The General Assembly of North Carolina has enacted House Bill 1757 that requires all students in grades K-8 to complete a health-enhancing personal fitness assessment.

Students in grades K-8 will complete the FITNESSGRAM[®] assessment in the fall and spring. The FITNESSGRAM[®] is composed of 5 components: Aerobic Capacity, Body Composition, Muscular Strength, Muscular Endurance, and Flexibility.

The Body Composition test requires that students have their height and weight recorded. Please note that the height/weight measurements are collected privately and are kept confidential. If you do NOT want your child involved in the Body Composition portion of the test, then you must contact your child's **PE teacher, Ms. Pagano**.

You can submit an email to **Ms. Pagano** at paganog@gcsnc.com or print off "opt out" letter on **Simkins Elementary** website.

All "opt out" requests must be submitted to **Ms. Pagano** by: **10/3/2022**. For more information about the FITNESSGRAM[®], please visit www.pyfp.org

*I am requesting that my child "opt out" of the body composition portion of the fitness test. I understand that my child will have **incomplete** scores that will not reflect their true fitness level.*

Student Name: _____

Classroom Teacher: _____

Grade: _____

Parent Email: _____

Parent Name (print): _____

Parent Signature: _____ Date: _____