

## Height and Weight Screening Procedure

**Policy:** Each child will be weighed and measured periodically to assess and track their individual growth and development.

*Performance Standard 1304.20(a)(l)(ii)(C); 1304.20(d)*

### **Procedure:**

- Children will weight and measured both before classes and in February. (see Screening Procedure)
- Each child will be measured and weighted appropriately. The February screening will be done by teaching staff or the Health Manager. The results will be turned in to the Health Manager and the results will be documented in Child Plus by the Health Manager.
- Have child take off shoes when weighing and make sure the scale is on a hard surface, not a rug. Turn the scale on first (if electronic) then have the child step on the scale and stand still. Record exactly what the scale shows as the child's weight (i.e. if it says 35.35 lbs., that is what you record or round up to 35.5 if necessary for data entry). For infant's staff will use an infant scale.
- Attach ruler to a wall with the bottom of the ruler at the same level as the floor on which the child will be standing on. For reliable measurements measure the child on a hard surface instead of a carpet. Wall growth charts can be used.
- Have the child take his shoes off and look at an object at eye level. Using a flat ruler or other rigid straight object, hold on the top of child's head and move end of object straight across head to ruler. Record height in inches. Round up to the nearest quarter inch and record as .25, .50, or .75.
- The Health Manager may have special recommendations for children who are underweight or overweight. These children will have an Individualized Care Plan. These families may be referred to the Nutrition Consultant or Family Physician for follow up. In such cases the parents, teachers, and EHS-CCP will be involved in the planning and implementation of any specific recommendations. Children who have a BMI over 95% will be measured monthly by the teacher and their BMI will be tracked.

### *Referenced Procedures:*

*Health Tracking Procedure*

*Screening Procedure*