



Commitment to Excellence

MCCARTHY MIDDLE SCHOOL

41 DiAntonio Dr
Nashua, New Hampshire 03062

Dr. Katrina Esparza, *Principal*
Kelly O'Donnell, *Assistant Principal*

Dear Nashua Public School Families,

In order to better understand and support the health-related challenges affecting youth, McCarthy Middle School, with the other middle schools in Nashua, is taking part in the 2025 Middle School Youth Risk Behavior Survey (YRBS). The survey is based largely on a national survey that was developed by the Centers for Disease Control and Prevention (CDC). The survey will ask about the health behaviors of middle school students. Specifically, the survey will ask questions about screen time and sleep, stress, and mental wellness, online and in person bullying, and tobacco, alcohol, and other drug perception of risk and use.

Students will complete the online survey, which takes around 45 minutes, April 1 2025.

Completing the survey will cause little or no risk to your child. The only potential risk is that some students might find certain questions to be sensitive. The survey has been designed to protect your child's privacy. Students will not put their names on the survey and there are strict confidentiality guidelines that are followed by the staff that administers the survey.

For the survey results to be accurate, it is important that all students, regardless of whether they have engaged in health-risk behaviors, are given an opportunity to participate in the survey. The survey is voluntary, however. No action will be taken against the school, you, or your child if your child does not take the survey. Students may skip any questions they do not wish to answer. In addition, students may stop taking the survey at any point without penalty. If you would like to see the survey, a copy is available on McCarthy Middle School's website. If you have additional questions about the survey, please contact *Dr. Esparza, Principal*.

Aggregate results for the school district will be provided to the school district by the late spring of 2025 and will be used to inform programming to improve the health and overall well-being of children and youth in the Nashua School District.

Please complete the opt out form only if you do not want your child to take part in the survey, and return the form to the main office no later than March 31, 2025. Please contact *Dr. Esparza* with any questions at: esparzak@nashua.edu 603 966 3903