



Dear Parent/Guardian:

_____ will be conducting spinal screening on _____ .
School _____ Date _____

The purpose of spinal screening is to detect the signs of abnormal curves of the spine at their earliest stages so that the need for treatment can be determined. Scoliosis, a common spinal abnormality found in adolescents, is a sideways twisting of the spine. It is usually detected in children between 10 and 14 years of age. Kyphosis, sometimes called round back, is an exaggerated rounding of the upper back and is often confused with poor posture. Many cases of curvature of the spine are mild and require only ongoing observation by a physician when they are first diagnosed. Others can worsen with time as the child grows and require active treatment such as bracing and surgery. Early treatment can prevent the development of a severe deformity which can affect a person's appearance and health.

The procedure for screening is simple. Screeners who have been specially trained will look at your child's back while he/she stands and then bends forward. For this examination, boys and girls will be seen separately and individually.

Boys will wear gym shorts and remove their shirts. Girls are requested to wear a bra or halter-top and shorts. All students must wear flat shoes. If they do not have on flat shoes, they will have to remove them for the screening.

Parents will be notified of the results of the screening only if professional follow-up is necessary. This screening procedure does not replace your child's need for regular health care and check-ups.

According to Chapter 37, Health and Safety Code, compliance with screening requirements:

- (a) Each individual required by board rule to be screened shall undergo approved screening for abnormal spinal curvature. The individual's parent, managing conservator, or guardian may substitute professional examinations for the screening.
- (b) An individual is exempt from screening if screening conflicts with the tenets and practices of a recognized church or religious denomination of which the individual is an adherent or a member. To qualify for the exemption, the individual's parent, managing conservator, or guardian must submit to the chief administrator on or before the day of the screening procedure an affidavit stating the objections to screening.

According to law, all children in grades 6 and 9 are required to be screened. Medical records from a previous examination or/and an affidavit of exemption must be in the nurses office no later than

Date

Thank you for your cooperation.

Sincerely,

School Nurse