

August 2018

Dear Parent or Guardian:

Under Public Law 1978, Chapter 97 (Scoliosis Screening), the New Jersey Legislature has charged each Board of Education with providing postural screenings for all students between the ages of 10 and 18, every other year. To accomplish this requirement I have decided to screen those students in 9th and 11th grades annually.

The purpose of postural screenings (Scoliosis) is to detect signs of spinal curvature at their earliest stages so that the need for treatment can be determined.

Scoliosis, the most common spinal abnormality, is a side-to-side curve of the spine. It is usually detected in childhood or early adolescence. Most cases of spinal curvatures are mild and only require ongoing observation by a physician after the diagnosis has been made. Mild curvatures are often only noticeable to those trained in detecting spinal abnormalities. Other curves may become progressively more severe as the child continues to grow. Early treatment can prevent the development of a severe deformity which can later affect the health and appearance of the child.

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

BOYS MUST REMOVE THEIR SHIRTS. GIRLS MUST REMOVE THEIR TOPS AND WEAR A HALTER TOP, BATHING SUIT TOP OR BRA. BODY SUITS AND ONE PIECE BATHING SUITS ARE NOT ACCEPTABLE BECAUSE IT IS NECESSARY FOR THE ENTIRE BACK TO BE VISIBLE DURING THE SCREENING PROCESS. SHOES AND SNEAKERS MUST BE REMOVED.

You will be notified **ONLY** if medical follow-up is necessary. This screening does not replace your child's need for regular health care and check-ups. If you choose to be present when the screening takes place - please notify the school nurse at your earliest convenience. Any student may be exempt from the screening upon written request of a parent or legal guardian.

Parents: Children who have submitted a physical for sport participation (for this school year and have been adequately screened for scoliosis will not require an additional screening).

Sincerely,

Jean Fay, R.N., M.S.
School Nurse
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