



LACORDAIRE ACADEMY

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HEALTH OFFICE

Dear Parent/Guardian:

The school nurse will be screening students for possible curvature of the spine (scoliosis) on _____ . State law requires that school districts in New Jersey provide scoliosis screening for all students between the ages of 10 and 18 every other year, starting in grade 5 (grades 5,7,9,11).

The purpose of the spinal screenings is to detect for signs of spinal curvature at its earliest stages, so that the need for treatment can be determined. Scoliosis, the most common spinal abnormality, is a side-to-side curvature of the spine. It is usually detected in childhood or early adolescence. Most cases of spinal curvatures are mild and require only ongoing observation by a physician after the diagnosis has been made. Early treatment can prevent the development of a severe deformity which can later affect the health and appearance of the child.

The procedure for the screening is simple and can be performed in less than a minute. The nurse will look at your child's back while he/she stands and then bends forward. For this screening, boys and girls will be seen **separately and individually**.

It is necessary for the entire back to be visible during the screening process. Boys must remove their shirts. Girls must remove their blouses and wear a bathing suit, leotard or bra. Shoes and sneakers must be removed.

Your child will be screened unless you request in writing that he/she is exempt. You will be notified if further evaluation by a physician is recommended. The screening does not replace your child's need for regular health care and check-ups.

If your child is currently under treatment for a spinal problem, please let the school nurse know.

Please sign below **only if you do not want** your child screened.

Exemption Form

Student Name _____ Grade _____

I **do not want** to have my daughter/son participate in the scoliosis screening program.

Parent/Guardian Signature

Date