

Stonington Public Schools

49 North Stonington Road
P.O. Box 479
Old Mystic, CT 06372

Dear Parents/Guardians,

During the months of March and April, mandated State of Connecticut postural screenings will be conducted for female students in grades 5 and 7 and male students in grade 8. Postural screening for students in grades 6 and 10 will be performed by the student's physician as part of their required physical examination. If the student is under a physician's care for diagnosed scoliosis, an additional screening will **not** be necessary.

The purpose of this program is to recognize the signs of spinal curvature at its earliest stages so that the need for treatment can be determined. Specifically, scoliosis is a sideways curvature of the spine . In its early years, it is painless and develops gradually, especially during the years of rapid adolescent growth. Kyphosis, sometimes called round back, is an exaggerated forward bend of the spine and is often confused with poor posture. Many cases of curvature of the spine are mild and require only on-going observation by a doctor after first diagnosis. Others get progressively more severe as the child grows and require active treatment. Early treatment can prevent the development of a severe deformity which can affect a person's appearance and health.

Each student will be screened individually by school nurses. The nurses will inspect the student's spine as he or she stands and then bends forward. The student's entire back from shoulders to hips need to be observed without covering. Boys will be required to remove shirts. Girls need to be observed wearing a two-piece bathing suit or bra. One piece bathing suits, tank tops, camisoles or t-shirts are not acceptable.

If further consultation is recommended, parents will be notified of the findings and will be asked to seek further evaluation from their own physician. If the screening results are negative, you will not be contacted.

If you have any questions concerning the postural screening, please contact the school nurse.

Sincerely,

Principal

School Nurse