

5th Grade Spinal Screening

Durham Intermediate School

Dear Parents/Guardian:

The Durham Intermediate School will be conducting spinal screening for all of the fifth grade students starting February 20th and continuing for the next two weeks. The purpose of this screening is to detect 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. Other cases can worsen with time as the child grows and require active treatment such as wearing a brace 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 the child's back while he/she stands and then bends forward. Boys and girls will be screened separately during their physical education classes from February 20th through March 2nd, 2012. To avoid changing clothes at the school, please have the girls wear bathing suit tops sports bras, or halter-type tops under their regular clothing that day. Boys will be asked to remove their shirts.

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

According to state law, all students in this grade must receive the spinal screening. **IF, FOR SOME RELIGIOUS OR MEDICAL REASON, YOU DO NOT WISH TO HAVE YOUR CHILD SCREENED, YOU ARE TO SUBMIT AN AFFIDAVIT OF RELIGIOUS EXEMPTION TO THIS OFFICE NO LATER THAN FEBRUARY 17th, 2012.**

Feel free to call the nurse at 817-949-5351 with any questions you have regarding this screening.

Thank you for your cooperation,

The Durham Nurse,
Cathy Krieger RN