NASHOBA
Regional School District

Dear Parent/Guardian,

Postural screening will be conducted at Hale Middle School for grade 6,7,8 students in October. Postural screening is a mandated program through Massachusetts general law M.G.L. c. 71, s. 57. The screening is not a diagnostic service, but a program to identify children who may need further evaluation by a physician.

Postural screening seeks to detect early signs of a spinal curvature. There are two major types of spine curvatures. The first is scoliosis, which is a lateral curvature of the spine. It occurs in about 10% of the population and affects girls more often than boys. Scoliosis must be identified during the growth spurt to maximize effectiveness of treatment.

The second type of curvature is kyphosis, which is a front-to-back curvature that is not as common. It affects boys more often than girls.

Although the cause of the curvatures is not known and not preventable, early detection and prompt treatment is recommended to minimize the very serious complications that can arise if left untreated.

Screenings are quick and simple, and generally take about a minute to complete. They will be done in private, either in the physical education office or in the health office. Each student is screened individually by the gym teacher or the nurse, usually during a PE class. Students receive information about why the screening is done, and what the screener looks for. For optimal viewing and detection, the student's back should be bare.

Girls are usually most comfortable wearing a camisole, sports bra or a bathing suit top. If your child has any unusual findings, you will be notified and asked to take your child for an evaluation by his/her primary care physician as a precaution.

If his or her pediatrician has screened your child and you wish to opt your child out of this screening, please send an email directly to halenurse@nrsd.net.

I hope that you find this information helpful. If you have any additional questions, please feel free to contact me at (978) 897-5074, or by email.

Sincerely,

Rosemary Sullender, BSN,RN,NCSN

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