

# HIGH BRIDGE MIDDLE SCHOOL

50 Thomas St, High Bridge, NJ 08829

## SCOLIOSIS SCREENING: GRADES 5 AND 7

Dear Parents and Guardians,

As required by law, all students between the ages of 10 and 18 need to be screened for scoliosis every two years. The purpose of this screening program is to recognize scoliosis in its earliest stages. We will be conducting screenings at school for those students who currently require one. Students who have had sports physicals for 5th or 7th grade will not need to be re-examined by the nurse unless you request that by note or email.

Scoliosis is a condition of the spine in which the spine may curve to the left or right. It is most commonly found during the time of rapid growth and may progress if not treated. If during the exam a suspected problem is found, you will be notified in writing to seek further medical attention.

**Scoliosis screening will take place during study hall starting upon the return from MLK weekend.** The examination will be conducted by the school nurse. Students will need to remove any outer garments and should wear a well-fitting shirt to have their backs exposed during this brief exam. As always, privacy will be maintained. If you have any specific questions regarding the scoliosis examination, please call the school nurse.

If you **do not** want your child to be screened by the school nurse, you must complete the form below and return it to school no later than Thursday, January 15, 2026..

Sincerely,

Melissa Volturo, RN, BSN, CSN  
High Bridge Middle School Nurse  
Phone: 908-638-4101 ext. 7205

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### PLEASE COMPLETE AND RETURN TO THE HEALTH OFFICE

I **do not** want my child to be screened for scoliosis.

My child is currently being followed or is under treatment for scoliosis: YES  NO

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(Child's Name)

(DOB)

(Date)

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(Print Parent/Guardian Name)

(Signature Parent/Guardian)

(Date)