REQUIRED HEALTH SCREENING INFORMATION
VISION, HEARING, RISK FOR TYPE 2 DIABETES/AN, SPINAL

As a convenience to parents, **METROPLEX EDUCATIONAL CONSULTANTS INC** will provide **VISION, HEARING, SPINAL** and **RISK FOR TYPE 2 DIABETES/AN** screenings. These screenings are mandatory for certain grades according to Texas Health Code.

VISION screening is **REQUIRED** for the following:

- **ALL students who are 4** years old by September 1st of the current school year
- **ALL** students who are in **K, 1st, 3rd, 5th, 7th** grades
- **ALL NEW** students in **2nd, 4th, 6th, 8th, 9th, 10th, 11th, 12th** grades without documentation in their school file.

***Glasses should be worn for the screening if needed for distance acuity.**

HEARING screening is **REQUIRED** for the following:

- **ALL students who are 4 years old** by September 1st of the current school year
- **ALL** students who are in **K, 1st, 3rd, 5th, 7th** grades
- **ALL NEW** students in **2nd, 4th, 6th, 8th, 9th, 10th, 11th, 12th** grades without documentation in their school file.

RISK FOR TYPE 2 DIABETES/AN screening is **REQUIRED** for:

- **ALL** students in **1st, 3rd, 5th, 7th** grades. Acanthosis nigricans (AN) can be a primary marker that may signal high insulin levels. Screeners will look at each student's exposed skin and if there are any of these markers observed, two blood pressure readings will be taken and the BMI (Body Mass Index) calculated from the weight and height.

SPINAL screening is **REQUIRED** for:

- **ALL** females in 5th grade and again in 7th grade when most females are 10 and 12 years old
- **ALL** males in 8th grade when most male students are 13-14 years old
- **If** a female or male was screened at a different grade last year, they must be screened again at the mandatory age/grade this year.
- Specially trained screeners will examine each student's back from bending and standing positions in a private room.
- **Females must wear a sports bra, bathing suit top, tube top, or a halter top under their clothes on the day of the screening as they may need to remove their shirt for an accurate screening per DSHS recommendation.**
- **These regulations began in the 2018-19 school year.**
- **For more information, visit** https://www.dshs.texas.gov/vision-hearing-screening/spinal-screening-program

The screenings will be done during the school day at your child's school or center. If parents have health screening documentation from a licensed professional dated within the last 12 months, please supply this to the school. All required students will be screened unless the school is notified or documentation is submitted before the screening date. Metroplex Educational Consultants accepts no responsibility for determining the eligibility of students. Go to **www.mectest.com** for further information concerning these screening tests.

PLEASE TRY TO HAVE YOUR CHILD AT SCHOOL ON THE SCREENING DAY.

If a parent or teacher has a concern about a student in a non-mandatory grade or who has missed a screening in the past, please contact the school. MEC will follow the safety protocols of the school.

Results are not a diagnosis but may provide a referral for further evaluation by a licensed professional.

SCHEDULED SCREENING DATES (see school calendar)