

Message from Cindy Noniewicz, RN, William J. Johnston School Nurse, District Nurse Supervisor

Re: Postural Screenings

Dear Parents of 7th & 8th Grade Boys and Girls: During the next couple months a postural screening program to detect curvature of the spine will be conducted for seventh grade girls and eighth grade boys. The purpose of this program is to detect the signs of spinal curvature at its earliest stages. Early treatment can prevent the development of a severe deformity. Spinal deformities most often develop between the ages of 10 and 15 years. Nearly all cases are painless at first and are often confused with poor adolescent posture. Many cases are mild and require only ongoing observation by a doctor after first diagnosis. Others become progressively more severe as the child grows and require active treatment. The school nurse will be doing the screenings. The procedure for examination is a simple one, requiring less than one minute. The nurse inspects the student's spine as he or she stands and then bends forward. If a spinal problem is suspected, the student will be rechecked at a second screening. If further consultation is recommended, parents will be notified of the findings and will be asked to seek further evaluation from their own physician. Connecticut law requires all students in grades five, seventh grade girls and eighth grade boys be screened annually in school. Students who have been screened by their doctor after 6/30/18 or have already been diagnosed with a spinal problem will be excused from school screening. Please contact me if you have any questions concerning the postural screening program.

Sincerely, Cindy Noniewicz, RN, William J. Johnston School Nurse, District Nurse Supervisor