

# Mandated Health Screenings

Screenings are conducted by the School Nurse or their designee according to MA Department of Public Health regulations. Screenings are not a diagnostic tool, but rather a means of identifying potential problems that can affect a child's performance in school and perhaps lead to health issues as the child grows and matures. The following screenings are routinely conducted under the supervision of, or by the School Nurse:

- **Growth (BMI):** Height and weight are measured in grade 10
- **Vision and Hearing:** Near and far vision are tested annually along with hearing on students in grade 10. All students who wear glasses or contacts should have them the day of the screening.  
*Note:* Parents/guardians are notified only if a student does not pass a Vision or Hearing Screening. If the student fails the second screening, a parent/guardian notification letter is sent home by mail requesting follow-up by the student's primary care provider. *Results of the physician referral should be communicated to the School Nurse.*
- **Postural:** Conducted during grade 9. Postural screenings can detect early signs of spinal and postural problems that should have further evaluation.  
*Note:* All parents/guardians will be notified of scheduled postural screenings to ensure students are appropriately attired for the screening.

**\*A physical exam within the last 13 months with documentation of postural assessment by the physician may be used to replace the postural screening conducted at school. The physical exam must be on file in the Nurse's Office prior to the date of screening.**

**Screening Exemption:** If you do not want your child to be screened for any or all state mandated health screenings, you must make the request in writing and give it to your child's School Nurse. A separate form is required for each child when requesting an exemption from annual screenings. The forms will be made available to you prior to the screening.

