

# NURSING DEPARTMENT

Harvard Public Schools  
Harvard, MA 01451

To: Parents of 5<sup>th</sup> – 9<sup>th</sup> Grade Students  
From: The School Nurse  
Re: Postural Screening

The State Department of Public Health has a mandatory program of postural screening in grades 5 through 9, to be done by a specifically trained physical education/school nurse team. Each year a few students will be referred to private MD's for further evaluation.

This screening process will be starting sometime in November. The process takes approximately 30 seconds. Without touching the student we look at shoulder level, crease in the arms in relation to the waistline and then have the student turn with their back facing the screener. At this point we look at the ribcage and the level of the shoulder blades. When asked to bend over a hump may form on one side or the other, thus the reason we ask the student to bend forward. It is at this point that we determine whether or not the student should be referred to their private physician for further evaluation. The female students may bring their own two-piece bathing suit, or a halter-top will be made available the day of the screening.

If you **DO NOT** want your child screened by us, a **written report from the child's own *physician*** must be given to the school nurse.

If you have any questions, please contact your school nurse.