

**McKinney Independent School District  
School Health Services**

**Spinal Screening**

Dear Parents/Guardian,

House Bill 1076, 85th Legislature, Regular Session, 2017, allows the Department of State Health Services (DSHS) to consider the most recent, nationally-accepted, peer-reviewed recommendations when considering appropriate age for conducting mandatory spinal screening.

In compliance with Health and Safety Code, Chapter 37, all children shall undergo screening for abnormal spinal curvature in accordance with the following schedule:

- **Girls will be screened two times, once at age 10 and again at age 12.(regardless of grade level)**
- **Boys will be screened one time at age 13 or 14(regardless of grade level)**

Spinal screening on your student will be conducted at this campus the week of \_\_\_\_\_ . The purpose of spinal screenings is to detect the signs of abnormal curves of the spine at their earliest stages so that the need for treatment can be determined. Scoliosis, a common spinal abnormality found in adolescents, is a sideways twisting of the spine. It is usually detected in children between the ages of 10 and 14. Kyphosis, sometimes called round back, is an exaggerated rounding of the upper back and is often confused with poor posture. Many cases of curvature of the spine are mild and only require observation by a physician when they are first diagnosed. Others can worsen with time, as the child grows, and require active treatment such as bracing and surgery. Early treatment can prevent the development of a severe deformity, which can affect a person's appearance and health.

The procedure for screening is simple. Screening will be conducted during a specific time agreed upon by the lead teacher and campus nurse. Your child's back will be observed while he/she stands and then leans forward from the front, back and side. For this examination, boys and girls will be screened separately.

**Boys will wear their pants or gym shorts and only remove their shirts. Girls will need to wear a halter-top, sports bra or a two-piece swimsuit with pants, shorts, or skirt.**

Parents will be notified of the results of the screening, only if professional follow-up is necessary. This screening procedure does not replace your child's need for regular health care and check ups.

**According to Texas law, these screenings must be conducted. In order for your child to be exempt from screening, you must present documentation of an exam from a physician or notarized religious conflict affidavit prior to the screening date.**

Thank you for your cooperation.

Sincerely,  
MISD Health Services