



November 26, 2018

Dear Parent/Guardians of 5th grade girls:

Due to unforeseen circumstances, spinal screenings for our 5th grade female students have been rescheduled to Monday, December 3 and Tuesday, December 4. The screening will take place during your child's regular PE class.

The purpose of this screening 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 10 and 14 years of age. 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 require only ongoing 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 health and appearance.

The procedure for screening is simple. I will look at your daughter's back while she stands and then bends forward. Each girl will be seen individually.

Students should remove their shirt for this exam. For this reason, we request your daughter wear a bra, sports bra or a two-piece swimsuit top underneath their shirt on exam day. A thin, tight fitting T-shirt will also be acceptable.

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 state law, girls will be screened once at age 10 (or fall semester of Grade 5) and again at age 12 (or fall semester of Grade 7); Boys will be screened one time at age 13 or 14 (or fall semester of grade 8).

If your child is already diagnosed and being treated, please provide a letter from the child's physician. If you do not wish to have your child screened, please submit an affidavit to me by Friday, November 30.

Best Regards,

Dana Hensel, RN  
West Cypress Hills Elementary  
[henseld@ltsidschools.org](mailto:henseld@ltsidschools.org)  
512.533.7593

3322 Ranch Road 620 South Austin, Texas 78738 Telephone (512) 533-6020 Facsimile (512) 533-6003  
[www.ltsidschools.org](http://www.ltsidschools.org)