



Health Information

1. Health care plan and medication forms: It is the practice of the Murray City School District (MCSD) to have a health care plan/emergency action plan in place for students with life threatening or chronic health conditions. This is for the safety of your student. In addition, if your student requires medication while at school, a medication authorization form must be completed and signed by your student's healthcare provider and turned into the school secretary who will forward it to the school nurse. All health care plans, and medication forms **must be updated yearly** and turned in prior to the first day of attendance. Health care plans and medication forms are valid for only one school year. It is the parent's/guardian's responsibility to complete and return the appropriate forms each year. The health care plan and medication forms for the most commonly seen chronic conditions (allergies, asthma, diabetes, and seizures) as well as the district nurses contact information can be found at <https://www.murrayschools.org/student-services/health-services-forms/>. If your student has a health concern you would like to discuss further, please contact your school nurse.
2. Immunizations: MCSD uses the Utah Statewide Immunization Information System (USIIS) state registry. This is a voluntary, confidential record system that assists parents/guardians, healthcare providers and schools in documenting your child's immunizations to determine which immunizations your child has received, and which may be needed. School staff may access the registry, but it is the parent's/guardian's responsibility to provide complete immunization records upon your student's enrollment to school. Required immunizations for school entry can be found at <https://immunize.utah.gov/school-childcare-immunization-requirements/>. A parent/guardian may claim an immunization exemption as allowed by Section 53G-9-303 of the Utah Statutory code by completing the online immunization education module and turning the completed exemption certificate in to the school. That module can be found at <https://immunize.utah.gov/immunization-education-module/>.
3. Vision screening: MCSD complies with state law & the Utah Department of Health recommendations regarding routine vision screenings for school aged children. These screenings may be conducted at any time during the school year. Vision screenings are not a substitute for a comprehensive eye exam by an eye doctor. **Parents/guardians will only be notified if their child does not pass the screening.** If you **do not** want your child to participate in a vision screening, please complete the following form and turn in to your child's school [Vision opt out](#).
4. Scoliosis screening: The Utah Department of Health recommends against routine school scoliosis screening in Utah. MCSD supports this. To comply with Utah law 53G-9-402, MCSD is providing instructions for parents/guardians on how to check your child for scoliosis. If you would like your student screened at school, a written request must be made to your school nurse.

Scoliosis Information

What is Scoliosis? Scoliosis is a side-to-side curving of the spine. It is a developmental defect and not the result of poor posture habits. 80% of scoliosis cases are idiopathic (no known cause) but it is known to be more common in some families, suggesting hereditary factors.

Idiopathic scoliosis starts as a slight bend in a growing child's spine. It may remain slight and non-progressive, or it may progress over time, sometimes rapidly during the adolescent growth years, ages 10 to 15. About 10% of people have a very mild form of scoliosis that will need no treatment and many times is unnoticeable to anyone not trained to examine for it. About 1% will have a progressive condition and need some medical treatment. In the developing stage the spine stays flexible and there is no pain to indicate progression.

Significant curves that are unstable will continue to advance in adulthood. Left untreated, scoliosis can cause obvious physical deformity, pain, arthritic symptoms, and heart and lung complications and can also limit physical activity.

If detected early, scoliosis can be treated before it becomes a physical or emotional disability. Frequent signs of scoliosis are: a prominent shoulder blade, uneven hip and shoulder levels, unequal distance between arms and body, uneven hemlines, and clothes that do not hang right.

Home screening tests can be done with the child having no shirt on. For girls, a bra or a swimsuit that is low enough in back to show the lumbar spine (lower back) will be OK.

While your child is standing facing away from you look at the child's back and answer these questions:

1. Is one shoulder higher than the other, or is one shoulder blade more prominent?
2. When his/her arms hang loosely at her sides, does one arm swing away from the body more than the other?
3. Is one hip higher or more prominent than the other?
4. Does the child seem to tilt to one side?
5. Do you see an obvious curve?

THEN: ask your child to bend forward, with arms hanging down and palms together at knee level. Can you see a hump on the back at the ribs or near the waist?

If your answer to any of these questions is "yes", you should contact your doctor to verify your findings.

Screenings are routinely done by your healthcare provider at a well-child exams, and are recommended twice for girls at age 10 and 12, boys once at age 13-14.

