STUDENT HEALTH EXAMS
MOHAWK TRAIL REGIONAL SCHOOL DISTRICT

In accordance with M.G.L.c.71, s.57 and regulations thereunder, every student in the Mohawk Trail Regional School District (MTRSD) will be screened to identify potential health concerns, as below. Evidence or certifications required under these provisions shall be provided by parents or guardians to the child’s school Principal or the Principal’s designee.

Physical Examinations

The parent or guardian of each child enrolled in the District shall present certification that the child has passed a physical examination performed by a licensed physician or primary care provider. Such examinations must be performed not more than 12 months prior to the child’s entrance into the following grades:

- Pre-school (annually)
- Kindergarten
- Grade 4
- Grade 7
- Grade 10

In addition, physical examinations are required:

- For athletes in grades 7-12, annually before participating in competitive sports (including practice).
- For transfer students who do not have an adequate medical transcript from their previous school.
- For children referred to the School Nurse because of frequent absences because of unexplained illnesses.
- For children referred to the School Nurse because of known physical conditions that require repeated appraisal.
- For children referred to the School Nurse as a result of a teacher/nurse conference because the child is not making expected progress in school or because of signs of illness noted by the teacher or nurse.
- For children under 16 and over 14 years of age requesting employment certificates.

The School Committee encourages parents/guardians to have the required physical exams performed by the child’s primary care provider. For students who do not have access to a private primary care provider, examinations may be made by the school physician who is appointed on an annual basis by the School Committee.
Vision and Hearing Screenings

Within MTRSD, the vision of each student shall be tested by the appropriate District School Nurse using the Massachusetts Vision Test or other comparable method approved by the Massachusetts Department of Public Health. Such screenings shall occur:

- In the year of preschool entry;
- Annually in grades K – 7;
- Grade 10.

In addition, a stereopsis screening will be conducted annually for students in Grades PK-3, if not completed by the student’s primary care physician.

Within MTRSD, the hearing of each student shall be tested by the appropriate District School Nurse using some form of discrete frequency hearing test, such as the Massachusetts Hearing Test or comparable method approved by the Massachusetts Department of Public Health. Such screenings shall occur:

- In the year of school entry, including preschool and kindergarten;
- Annually through grade 7;
- Grade 10.

With respect to any student who does not pass a vision or hearing screening, a referral letter will be sent to that student’s parent or guardian for appropriate follow-up. With consent of the parent or legal guardian, the student’s primary care physician may be furnished with a copy of the record of screening tests performed in the school. It is the responsibility of the District School Nurse to obtain the referral information from the student’s parents.

Growth and Development Screenings

Within MTRSD, the height and weight of each student will be ascertained by the appropriate District School Nurse in accordance with guidelines of the Massachusetts Department of Public Health:

- In the year of school entry, including preschool and kindergarten;
- Annually through grade 7;
- Grade 10.

Every reasonable effort will be made to provide prior notice of the screening and information regarding the benefits of such screening to each child’s parent or legal guardian.

Within MTRSD, the appropriate District School Nurse will calculate each student’s BMI (Body Mass Index) in the following grades:

- Grade 1
• Grade 4
• Grade 7
• Grade 10

Every reasonable effort will be made to provide prior notice of the screening to each child’s parent or legal guardian, who may request, in writing, that their child not participate in this screening.

The BMI and comparison percentile will be reported directly and confidentially to the parents or legal guardians of high-risk students, as determined by the District School Nurse, along with informational and explanatory materials provided or approved by the Massachusetts Department of Public Health on BMI and the importance of healthy eating and adequate physical activity. A copy of the student’s BMI score shall be maintained in the student’s school health record. With the consent of the parent or legal guardian, a copy shall be provided to the student’s primary care provider. It is the responsibility of the District School Nurse to obtain the referral information from the student’s parents. The Massachusetts Department of Public Health shall be provided annually with student BMI by the District Nurse Leader as specified in guidelines of the Department.

**Postural Screening**

Within MTRSD, the postural screening will be conducted annually by the appropriate District School Nurse in accordance with the guidelines of the Massachusetts Department of Public Health:

• Grades 5-9

With respect to any student who does not pass the postural screening, a referral letter will be sent to that student’s parent or guardian for appropriate follow-up. With consent of the parent of legal guardian, the student’s primary care physician may be furnished with a copy of the record of screening tests performed in the school. It is the responsibility of the District School Nurse to obtain the referral information from the student’s parents.

**Alcohol and Drug Screening**

MTRSD participates in the annual Franklin County/North Quabbin youth Health Survey in Grades 8, 10 and 12. The data consistently demonstrates that a small number of our students try alcohol, marijuana and other drugs in middle school, and that by the end of high school, many more students report substance abuse.

Within the MTRSD, the District School Nurses will be providing an interview-based screening tool about the use of alcohol, marijuana and other drugs, as required by 2016 amendments to M.G.L. c.6, sec.118. This screening utilizes the most commonly used substance use screening tool for adolescents in Massachusetts, the CRAFFT:
• Grades 7 and 10

Results of the screening will not be included in the student’s permanent health record. Parents or legal guardians will have the right to opt their child out of this screening.

LEGAL REF: M.G.L. c.71, s.57

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Mohawk Trail Regional School District Committee