



NASHOBA

Regional School District

Dear Parent or Guardian:

This letter is to let you know about the Screening Programs that will be starting soon and continuing throughout the 2025-2026 school year at Nashoba Regional School District (NRSD).

Mandated Screenings: The Massachusetts Department of Public Health and Massachusetts General Laws require that public schools perform certain annual health screenings for students. NRSD conducts the following screenings each year:

- Vision screening: Pre -Kindergarten through 5th grades, 7th grade, 10th grade (with stereopsis in K-3rd grades)
- Hearing screening: Kindergarten through 3rd grades, 7th grade, 10th grade
- Height/Weight and Body Mass Index (BMI): 1st, 4th, 7th and 10th grades
- Postural (Scoliosis) screening: 5th through 9th grades
- SBIRT screening: 7th and 9th grade

These screenings are conducted by the school nurse with the assistance of the local Lions Club for vision and hearing with their Eyemobile if available. As always, you as the parent can excuse your child from any of these screenings. **If you would like to excuse your child(ren) from any of these screenings, please complete the Opt-Out form below and return or email to your child's school nurse by September 25th.** Parents are notified of screening results if follow-up is required.

Thank you,
School Health Services

SCHOOL SCREENINGS OPT-OUT 2025-2026

Student's Name _____ Grade _____

I **DO NOT** want my son/daughter to participate in the following screening(s); Please check all that apply:

_____ Vision Screening	_____ Height and Weight
_____ Hearing Screening	_____ Postural Screening
_____ SBIRT Screening	

Parent/Guardian Signature

Date