Dear Parents of Year 7 and 9 girls,

Re: Scoliosis Testing

With tomorrow’s newsletter you will be receiving a brochure about checking your daughters for the condition known as Scoliosis (curvature of the spine).

The Spine Society of Australia recommends a yearly check for all girls in the age range 11-13 years old to detect this common condition. Around 2.5% of all adolescent girls will suffer this condition and it is easily detected by a simple forward bend test which can be done at home. Early detection means early treatment and this brochure will explain:

- What Scoliosis is.
- How to check your daughter.
- What to do if it is present.

Please take the time to read through this brochure and check your daughter - it only takes a couple of minutes. As I have personally suffered this condition and it wasn’t detected until it was too late for treatment, I feel qualified to highly recommend that you do take a few minutes to read this brochure and test your daughter.

Thanks for your cooperation,

Melinda Beimers
First Aid Officer