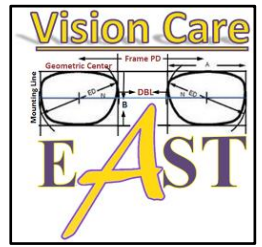


How can a Teacher tell if students need glasses?

One of the most common issues students experience, with a large effect on class performance, are **issues with their vision**. Do you have students who aren't performing up to your expectations in the classroom? Perhaps you have been trying to help your students be successful in school, but they still seem to be having some issues? We often don't know what others can see or how well they see; maybe the student can't see the board or the work.



As teachers there are **few signs to look for** in order to help recognize vision issues in our students. If you notice any of the following symptoms on more than one occasion you should suggest to that child's parents that they should attend an eye examination, contact the nurse about your concerns, or you simply talk with the student about their vision needs and **refer them to the Vision Care Program**.

Squinting/narrowing eyes/excessive blinking. This is the most likely sign that you will encounter and usually indicates that a student is near sighted. These students have no problem reading or looking at the computer but usually struggle to see the smartboard in front of the class. These students may ask to move closer to the board. Near sighted prescriptions generally get worse over time so it best for them to get an eye test as soon as possible.



Poor concentration/disruptive in class. If the student has very poor vision they may become disruptive in the classroom because they can't see. Many students will show a large improvement in class once they have glasses. It can be amazing to see the smile and change in children's work once they are able to see the work in class.

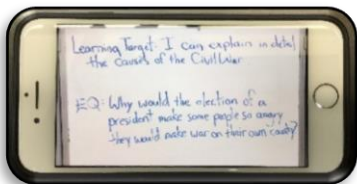


Student grades do not match ability. In all classrooms there are students of all abilities, but if you recognize **B → D** that a student is more capable than their results are suggesting, then it could possibly be a problem with their vision.

Headaches/Head down on desk OFTEN. Many people complain of headaches on occasion, but if this is happening often in classes it could mean the student may have vision issues. These students are more likely to be far sighted or have astigmatism. This results in the eyes working harder and headaches are most likely to happen after reading or working on the computer. The headaches are usually located at the front or the side of the students head if they are related to their vision.



Using their cell phone. Sometimes students will use their phone to take pictures of the notes and then copy from the screen. This allows them to enlarge the image to where they can see it clearly enough to either read the notes, or be able to copy them down. Students MAY play on their phone because they can't see the board, but this may be harder to ascertain than if they are playing on their phones as an avoidance tool.

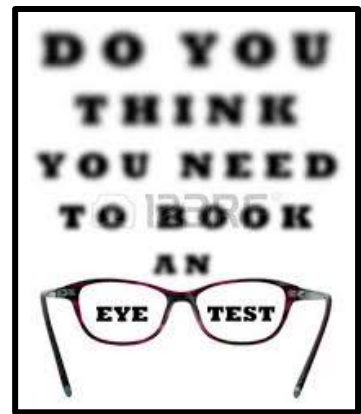


Lack of interest in sports. If a child has ocular issues there is a possibility that they will have problems with coordination. Students may find certain sports difficult and try to avoid playing them where possible. Gym and PE may become a place of worry for these students.



Or, if the student complains of:

- Blurred vision (farsightedness)
- Poor distance vision (nearsightedness)
- Seeing double vision
- Having problems seeing in darkened rooms
- Eye strain or eye fatigue
- Difficulty reading or using a computer
- Having difficulty with light adjustments
- Halos around object when around light
- Needing to turn head or close one eye while reading
- Losing their place while reading or using a finger to point to words while reading



I've seen signs showing that the student might need glasses. Now what do I do?

Once you recognize a need in a student, you should talk with them about needing glasses. They might not realize they can't see as well as they should. Call the parent or guardian and refer them to their school nurse for a Vision Screening. The nurse will determine the student's visual acuity (20/20, 20/40, etc) and determine if the child needs to be referred to a vision specialist or not. **Students in the Rochester City School District** can be referred to the Vision Care program at East High or to the Flaum Eye Institute Eyeglasses for Kids program. After the student receives a vision screening they can be referred to the Vision Care program by students, parents, teachers, nurses, or other individuals!


For students referred to the East Vision Care program, there are 3 main options for treatment for a patient.

1. **The student has a current prescription for eye glasses.** Have the parents or the doctor's office fax the prescription (654-1066 or email a scanned pdf of the prescription). We will meet the student, fit them and have them pick out frames, and make the glasses and give them to them.
2. **The student has a broken pair of glasses but no current prescription.** In many cases we can replace or repair glasses for students. We will examine the pair of glasses, repair them or make a replacement pair of glasses for the student.
3. **The student needs glasses but has no prescription, has never worn glasses and/or the option of going to a local optometrist is not possible.** This student will need to come to a Vision Event so we can get a valid prescription to make glasses. This child **will need to have a copy of our Vision Care Waiver signed by the parent/guardian.**

What is a "Vision Event"? East Vision Care events happen approximately once a month, on the availability of eye doctors who volunteer their time to come to East. East Vision Care program students help their peers to pick out a stylish frames, take the necessary measurements, and pre-screen the patient before seeing the doctor for a prescription. This prescription is used by the Vision Care students to make a pair of glasses for the patient that will either be delivered on the spot or to the student at school.

How do I refer a student to the Vision Care Program at East?

The easiest way is directly from the East Upper and Lower school main page, found at the web address:

<http://www.rcsdk12.org/Domain/3661>. Scroll down and look for the Vision Referral Form link  on the bottom right. All students are welcome and no insurance is needed. It really is that easy to help someone!