

# Peak School Vision Screening Programme



Wednesday 13th and Friday 15th March 2019

## Does your child see properly? Are you sure that your child sees equally well with both eyes?

Why is it important for my child to have regular eye examinations? Children with uncorrected visual conditions can face many barriers, academically, socially and athletically. Your child's vision is developing during the first 7 to 8 years of life. Small visual problems can interrupt this development and lead to permanently reduced vision (lazy eye, or amblyopia) if not detected during this critical time.



### Amblyopia

is reduced vision, when the brain favours one eye over the other, usually due to uneven focussing or when the eyes are

misaligned. Lazy eye responds well to treatment before the age of 7, after this time the brain cells have stopped developing and can not be stimulated to improve poor vision, and the lazy eye becomes permanently impaired.

### Myopia (short sight) and Hyperopia (long sight)

Those with short sight will have problems seeing distant objects, making blackboard- or whiteboard-work difficult. Excessive long sight in a child will cause near vision problems and may result in cross eyes.

### Binocular Vision

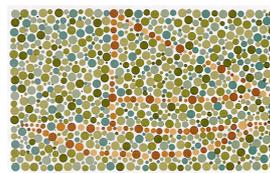
Eyes which work together well give good depth judgment, important for such diverse tasks as writing, catching a ball, pouring water into a container, stepping off the curb, judging oncoming traffic, and driving. A lack of binocular vision can cause eye strain, headaches and a reluctance for close work.

Can I borrow your car, Mum?



### Colour Vision

About 8% of males and 1% of females are colour deficient, with red/green problems being the most common. Usually hereditary, colour vision problems can not be cured but those affected can be taught to adapt, as many learning materials are colour coded.



Can you see the boat?

### How do we screen vision?

It's fun! You do not have to read the alphabet to have an eye test! Young children can match or name shapes or letters on distance and near charts. Binocular vision is assessed using following and fixating tasks with toys and lights, and 3-D charts. Colour Vision is measured using patterns of coloured dots in recognizable shapes or pictures.



Clinic:

Matilda International Hospital

41 Mount Kellett Road

The Peak, Hong Kong

Tel 2849 1500

Optometrist Suzan Salnikow, BSc MCOptom will visit Peak School on Wednesday 13th and Friday 15th March 2019 to conduct Visual Screening Tests. Suzan is a HK based, UK trained optometrist who sees mainly children and babies in her clinics.

On average, detection rates are around 10%, usually the parents and child are unaware of any problems.

Parents will be advised of the results by letter, and where appropriate asked to contact the optometrist for further advice. Alternatively a full examination, at extra charge can be arranged by contacting the clinics directly.

The fee per child is \$220, payable by cheque to

**Suzan Salnikow.**

Please return to school by Friday 8th March 2019.

**I would like my child to receive a Visual Screening**

**Child's Name.....**

**Class.....**

**Has your child had any previous problem with their eyes requiring treatment, eg, spectacles, patching, exercises, operations? (Children with known visual problems INCLUDING GLASSES are NOT suitable candidates for screening)**

**How is your child's general health?**

**Is there a family history of squint, lazy eye or colour vision problems?**

**Do you think your child's vision is good for both distance and close work?**

**Any comments/concerns for the optometrist?**