

IDEA PUBLIC SCHOOLS BOARD POLICY MANUAL
POLICY GROUP 3 – STUDENTS
PHYSICAL EXAMINATIONS AND HEALTH SCREENINGS

PG-3.310

Sec. 1. PHYSICAL FITNESS ASSESSMENT

IDEA Public Schools (“IDEA”) shall annually assess the physical fitness of students in grades 3 or higher using an assessment instrument adopted by the Commissioner. *Tex. Educ. Code §§ 12.104(b)(3)(K), 38.101(a), 38.102(a).*

IDEA is not required to assess a student for whom, as a result of disability or other condition identified by CSHS rule, the assessment instrument is inappropriate. *Tex. Educ. Code § 38.101(b).*

a) *Report to Texas Education Agency (“TEA”)*

IDEA shall compile the results of the physical fitness assessment and provide summary results, aggregated by grade level and any other appropriate category to the TEA. The summary results may not contain the names of individual students or teachers, or a student’s date of birth or social security number. *Tex. Educ. Code § 38.103(a).*

b) *Assessment Confidentiality*

The results of individual student performance on the physical fitness assessment instrument are confidential and may be released only in accordance with state and federal law. *Tex. Educ. Code § 38.103(b).*

Sec. 2. SCREENINGS: VISION AND HEARING

As soon as possible after admission and within a period set by the executive commissioner of Texas Health and Human Services Commission, a student required to be screened shall undergo approved screening for vision and hearing disorders and any other special senses and communication disorders specified by the Texas Department of State Health Services (the “TDSHS”). *Tex. Health & Safety Code § 36.005(a).*

a) *Superintendent’s Responsibility*

The Superintendent shall ensure that each student admitted to IDEA complies with the screening requirements set by the TDSHS or submits an affidavit of exemption. *Tex. Health & Safety Code § 36.005(c).*

b) *Screening Schedule: Routine Screening*

Children enrolled in prekindergarten and kindergarten must be screened each year within 120 days of enrollment. Children enrolled in the first, third, fifth, and seventh grades must receive vision and hearing screening in each of those grade years (can be done at any time during each of those

IDEA PUBLIC SCHOOLS BOARD POLICY MANUAL
POLICY GROUP 3 – STUDENTS
PHYSICAL EXAMINATIONS AND HEALTH SCREENINGS

PG-3.310

years). Upon written request approved by the TDSHS, the screening of vision and hearing may instead occur in prekindergarten; kindergarten; and first, second, fourth, and sixth grades. *25 Tex. Admin. Code § 37.25(a)(2), (3), (6).*

c) *Screening Procedures: Photo Screening and Electronic Eye Chart*

Students who must be screened for purposes of enrollment and admission to public school must be screened using photo screening to detect vision disorders and using an electronic eye chart as a substitute for a printed eye chart to assess visual acuity. *Tex. Health & Safety Code § 36.004(b-1).*

Electronic eye chart means any computerized or other electronic system, device, or method of displaying on an electronic screen medically accepted and properly sized optotypes, which may be letters, numbers, or symbols, a health care practitioner or other person uses to assess an individual's visual acuity. The term does not include an automated computer program that assesses an individual's visual acuity through the individual's interaction with the program by playing a game. *Tex. Health & Safety Code § 36.003(1-a).*

d) *Screening Schedule: Screening on Enrollment*

Students four years of age and older, who are enrolled in IDEA for the first time, must be screened for possible vision and hearing problems within 120 calendar days of enrollment. If the student is enrolled within 60 days of the date school closes for the summer, the student must be tested within 120 days of the beginning of the following school year. Students enrolled who turn four years of age after September 1 of that year are exempt from screening until the following September. *25 Tex. Admin. Code § 37.25(a)(1), (5).*

e) *Outside Screening*

Except for students enrolled in prekindergarten, kindergarten, or first grade, IDEA shall exempt a student from screening if the student's parent, managing conservator, or legal guardian, or the student under scenarios described at Texas Family Code 32.003 submits a record showing that a professional examination was properly conducted during the grade year in question or during the previous year. The record must be submitted during the grade year for which the screening would otherwise be required. *25 Tex. Admin. Code § 37.25(a)(4).*

f) *Provisional Admission*

A parent, managing conservator, or legal guardian, or the student under scenarios described at Texas Family Code 32.003 may execute an affidavit stating that a person, other than the screener used by IDEA, shall conduct the screening (or that a licensed professional shall conduct an examination) as soon as is feasible. IDEA may admit the student on a provisional basis for up to

IDEA PUBLIC SCHOOLS BOARD POLICY MANUAL
POLICY GROUP 3 – STUDENTS
PHYSICAL EXAMINATIONS AND HEALTH SCREENINGS

PG-3.310

60 days, or may deny admission until the screening record(s) are provided to IDEA.

25 Tex. Admin. Code § 37.25(b).

g) Exemption – Religious Beliefs

A student is exempt from screening if it conflicts with the tenets and practices of a recognized church or religious denomination of which the student is an adherent or a member. To qualify for the exemption, the student or minor student's parent, managing conservator, or guardian must submit on or before the day of admission an affidavit stating the objections to screening. *Tex. Health & Safety Code § 36.005(b); 25 Tex. Admin. Code § 37.25(c).*

h) Records

The Superintendent shall maintain on a form prescribed by the TDSHS in accordance with TDSHS rules, screening records for each student in attendance, and the records are open for inspection by the TDSHS or the local health department. *Tex. Health & Safety Code § 36.006; 25 Tex. Admin. Code § 37.26.*

A student's screening records may be transferred among districts without the consent of the student or minor student's parent, managing conservator, or guardian. *Tex. Health & Safety Code § 36.006(c); 25 Tex. Admin. Code § 37.26(b)(4).*

i) Annual Report

On or before June 30 of each year, IDEA shall submit to the TDSHS a report on the vision and hearing screening status of its aggregate population screened during the reporting year. IDEA shall report in the manner specified by the TDSHS. *Tex. Health & Safety Code § 36.006(d); 25 Tex. Admin. Code § 37.26(b)(6).*

Sec. 3. SCREENINGS: RISK ASSESSMENT FOR TYPE 2 DIABETES

As soon as possible after admission and as required by rule, each student required to be assessed shall undergo approved risk assessment for type 2 diabetes. The risk assessment should:

1. Identify students with acanthosis nigricans; and
2. Further assess students identified under paragraph 1 to determine the students':
 - a. Body mass index; and
 - b. Blood pressure.

The risk assessment shall be performed at the same time hearing and vision screening or spinal

IDEA PUBLIC SCHOOLS BOARD POLICY MANUAL
POLICY GROUP 3 – STUDENTS
PHYSICAL EXAMINATIONS AND HEALTH SCREENINGS

PG-3.310

screening is performed.

Tex. Health & Safety Code §§ 95.002(d), 95.003(a).

a) Superintendent's Responsibility

The Superintendent shall ensure that each student admitted to IDEA complies with the risk assessment requirements or submits an affidavit of exemption. *Tex. Health & Safety Code § 95.003(c).*

b) Applicability

The University of Texas Rio Grande Valley Border Health Office (“the Office”) by rule shall coordinate the risk assessment for Type 2 diabetes of individuals who attend public schools located in the TEA Regional Education Service Centers 1, 2, 3, 4, 10, 11, 13, 15, 18, 19, and 20, and by using existing funding as efficiently as possible or by using other available funding, in additional region education service centers. Each individual required by the Office’s administrative rules must undergo the approved risk assessment for Type 2 diabetes. *Tex. Health & Safety Code §§ 95.002(b), 95.003(a)*

c) Outside Screening

The student or minor student’s parent, managing conservator, or guardian may substitute a professional examination for the risk assessment. *Tex. Health & Safety Code § 95.003(a).*

d) Exemption – Religious Beliefs

A student is exempt from risk assessment if it conflicts with the tenets and practices of a recognized church or religious denomination of which the student is an adherent or a member. To qualify for the exemption, the student or minor student’s parent, managing conservator, or guardian must submit to the Superintendent on or before the day of the risk assessment process, an affidavit stating the objections to the risk assessment. *Tex. Health & Safety Code § 95.003(b).*

e) Records

The Superintendent shall maintain the risk assessment records for each student in attendance and enter the risk assessment information for each student on the surveillance software selected by the Office. The risk assessment records are open for inspection by the Office or the local health department. *Tex. Health & Safety Code § 95.004(a).*

A student’s risk assessment records may be transferred among schools without the consent of the

IDEA PUBLIC SCHOOLS BOARD POLICY MANUAL
POLICY GROUP 3 – STUDENTS
PHYSICAL EXAMINATIONS AND HEALTH SCREENINGS

PG-3.310

student or, if the student is a minor, the student's parent, managing conservator, or guardian. *Tex. Health & Safety Code § 95.004(c)*.

f) *Annual Report*

IDEA Public Schools shall submit to the Office an annual report on the risk assessment status of the students in attendance during the reporting year and shall include in the report any other required information. *Tex. Health & Safety Code § 95.004(e)*.

Sec. 4. SCREENINGS: SPINAL SCREENING

Each student required by the TDSHS rule to be screened shall undergo approved screening for abnormal spinal curvature. *Tex. Health & Safety Code § 37.002(a)*.

a) *Superintendent's Responsibility*

The Superintendent shall ensure that each student admitted to IDEA Public Schools complies with the screening requirements or submits an affidavit of exemption. *Tex. Health & Safety Code § 37.002(c), 25 Tex. Admin. Code § 37.144(b)*.

The Superintendent is also responsible for notifying a parent, guardian, or managing conservator of the requirement to conduct spinal screenings, the purpose and reasons for spinal screenings, the potential risk to the child if declined, the method used to perform a spinal screening, and the method to decline a spinal screening based on a religious belief exemption. *25 Tex. Admin. Code § 37.144(a)*.

b) *Screening Schedule: Routine Screening*

Students who meet the criteria outlined in TXDSHS policy shall be screened for abnormal spinal curvature before the end of the school year. *25 Tex. Admin. Code § 37.144(c)(1)*.

c) *Screening Schedule: Screening at Enrollment*

If a student is enrolled within 60 days of the date IDEA Public Schools closes for the summer, the student's screening must be conducted within 120 days of the beginning of the following school year. IDEA Public Schools may offer a student the opportunity for a spinal screening if the student has no record of having been screened previously. *25 Tex. Admin. Code § 37.144(c)(2), (3)*.

d) *Outside Screening*

The screening requirements may also be met by a professional examination as defined in 25 Tex.

IDEA PUBLIC SCHOOLS BOARD POLICY MANUAL
POLICY GROUP 3 – STUDENTS
PHYSICAL EXAMINATIONS AND HEALTH SCREENINGS

PG-3.310

Admin. Code 37.142(7) and 25 Tex. Admin. Code 37.144(c)(1).

e) *Provisional Admission*

A parent, managing conservator, or legal guardian, or the student under Texas Family Code 32.003 may execute an affidavit stating that a person, other than the screener used by IDEA Public Schools, shall conduct the screening as soon as is feasible. IDEA Public Schools may admit the student on a provisional basis for up to 60 days, or may deny admission until the screening records are provided to IDEA Public Schools. The 60-day time period is from November 30 to January 30 of each school year. *25 Tex. Admin. Code § 37.144(d).*

f) *Exemption – Religious Beliefs*

A student is exempt from screening if it conflicts with the tenets and practices of a recognized church or religious denomination of which the student is an adherent or member. To qualify for the exemption, the student's parent, managing conservator, or guardian must submit to the Superintendent on or before the day of the screening procedure an affidavit stating the objections to screening. *Tex. Health & Safety Code § 37.002(b); 25 Tex. Admin. Code § 37.144(e).*

g) *Records*

IDEA Public Schools must comply with recordkeeping and reporting requirements set out in 25 Tex. Admin. Code 37.145(b).

h) *Transfer of Records*

Spinal screening records are transferrable between schools without the consent of the individual or, if the individual is a minor, the minor's parent, managing conservator, or legal guardian. *25 Tex. Admin. Code § 37.145(b)(3).*

i) *Annual Report*

On or before June 30 of each year, IDEA shall submit to the TDSHS a complete and accurate annual report on the spinal screening status of its aggregate population screened during the reporting year. IDEA Public Schools shall report in the manner specified by the TDSHS (currently found at <http://chrstx.dshs.state.tx.us>). *25 Tex. Admin. Code § 37.145(b)(5).*

Sec. 5. UNIVERSITY INTERSCHOLASTIC LEAGUE (“UIL”) PARTICIPATION

A student desiring to participate in the UIL athletic program shall submit to IDEA Public Schools a statement from a health care provider authorized under UIL rules indicating that the student has

IDEA PUBLIC SCHOOLS BOARD POLICY MANUAL
POLICY GROUP 3 – STUDENTS
PHYSICAL EXAMINATIONS AND HEALTH SCREENINGS

PG-3.310

been examined and is physically able to participate in the athletic program. A physical examination and appropriate documentation is required yearly for every student athlete before they participate in any athletic activity

Sec. 6. REFERRALS

Parents of students identified through screening programs as needing treatment or further examination shall be referred to health agencies as appropriate.

Sec. 7. ADDITIONAL POLICIES

As a condition of receiving funds under a program funded in whole or in part by the U.S. Department of Education (DOE), IDEA Public Schools shall develop and adopt policies, in consultation with parents, pursuant to 20 U.S.C. 1232h(c)(1), regarding the administration of physical examinations or screenings that IDEA Public Schools may administer to the student. IDEA Public Schools shall provide notice of the policies at least annually, at the beginning of the school year and within a reasonable time after any substantive change in the policies.

At least annually at the beginning of the school year, IDEA Public Schools shall directly notify the parent of a student of the specific or approximate dates during the school year when any nonemergency, invasive physical examination or screening, described below, is scheduled or expected to be scheduled. The required notification applies to nonemergency, invasive physical examinations or screenings that are:

1. Required as a condition of attendance;
2. Administered and scheduled by IDEA Public Schools in advance; and
3. Not necessary to protect the immediate health and safety of the student or of other students.

At a minimum, IDEA Public Schools shall offer an opportunity for the parent to opt the student out of participation in the examination or screening.

These provisions do not apply to any physical examination or screening that is permitted or required by an applicable state law, including physical examinations or screenings that are permitted without parental notification.

20 U.S.C. § 1232h.

Sec. 8. ADMINISTRATIVE PROCEDURES

IDEA shall formally implement administrative procedures as reasonably necessary to properly administer this policy and to adhere to applicable law and rule. In doing so, IDEA shall not adopt, and are prohibited from adopting, an administrative procedure that conflicts with

IDEA PUBLIC SCHOOLS BOARD POLICY MANUAL
POLICY GROUP 3 – STUDENTS
PHYSICAL EXAMINATIONS AND HEALTH SCREENINGS

PG-3.310

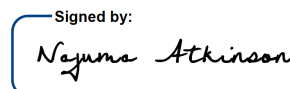
applicable law or this policy. Accordingly, IDEA shall confer with the Board or legal counsel before deviating from the requirements set forth in this policy. In the event that a deviation from this policy becomes necessary, IDEA shall either recommend an amendment to this policy or the Board's approval of a specific deviation, including the purpose, scope and duration of the requested deviation.

Sec. 9. DATE ADOPTED AND EFFECTIVE

As set forth in the pertinent minutes to the meeting of the Board, the Board adopted this policy on October 20, 2026, and it became effective on October 20, 2026. This policy shall be retained until superseded, expired, or discontinued and for five (5) years thereafter in accordance with state law.

Sec. 10. CERTIFICATION

The Undersigned, being the Secretary of the Corporation, hereby certifies that the foregoing represents a true copy of the Board Policy relating to Health Screenings and Physical Examinations, as originally adopted by the Board on October 20, 2026, and as subsequently amended by the Board on October 20, 2026 which Policy, as amended, is in full force and effect and has not been revoked or amended.

Signed by:

 8680138102324BA...
 Naj Atkinson, Secretary

10/23/2026
 Date Certified

DATE ISSUED: October 20, 2026

8 of 8