

Public Health Directorate

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Dear parent or guardian of a P7 child

Vision Testing

As your child begins the transition from primary to secondary school, we recommend that they get their eye-sight checked. Being able to see well is important for your child's development, especially when they are heading into a more formal learning environment in secondary school. Seeing well will support your child to learn and get the most out of being at secondary school. Your child will not be offered vision screening in school before they leave P7.

Eye tests are free for children. You should take your child for an eye test to your local community optician. Should glasses be needed, an NHS Optical Voucher is available for children under 16 years of age, to contribute towards these costs. Speak to your optician about this at the appointment.

If your child has any of the following behaviours, they may have sight problems.

- Straining their eyes to see better
- Rubbing their eyes frequently
- Complaining of headaches or tired eyes
- Losing their place when they are reading
- Closing one eye to read or watch the TV
- Falling behind at school
- Sitting too close to the computer or TV or holding a book too close
- Avoiding doing activities using close vision – reading, homework, computer work
- Avoiding activities using long vision – sports, reading the board in the classroom

Make an appointment at your local optician for an eye test as soon as possible if your child has any of these behaviours.

Yours sincerely



Dr Emilia Crighton
Director of Public Health, NHS Greater Glasgow and Clyde