



RYAN INTERNATIONAL ACADEMY, Hinjewadi

Circular No: RIAH/031/AY 2022-23

Date:05/08/2022

Dear Parents,

Greetings from Ryan International Academy, Hinjewadi !

RIAH CARES.

Health is important to live life to the fullest. Good health keeps the mind active and fresh. We are conducting our first annual check up for our students on Monday ,8th of August, 2022 during school hours.

Please find below the details of the same.

Why Annual Health Assessments?

Some parents have asked why their child needs a Health Checkup every year.... even if they seem perfectly healthy. Children are not "little adults," and a lot can change as each year goes to the next. The doctors at Health Basix are experts in child development and child assessment. Your child's growth is an important sign of health. We carefully weigh and measure your child and plot his or her growth on national growth charts. In this way we can assess overweight, underweight, and general nutrition. We accurately measure your child's height, making sure that the height velocity is normal. Healthy height velocity suggests normal levels of growth hormone and other factors necessary for steady growth.

Letting us see your child every year gives you a chance to take time aside from your busy schedule to consider questions about general health, proper nutrition, and normal child and adolescent development. It is an opportunity to ask the doctor any questions that have come up during the year, to discuss health and school or learning concerns. It is an opportunity for you as a parent to partner with Health Basix to reinforce healthy lifestyle choices for your child.

An annual physical examination is a very important safeguard. We take the extra time to examine all of your child, including areas not inspected during most sick visits.



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We check for innumerable problems by observation and palpation. We check your child's vision, hearing and dental as well. We check the back for scoliosis, the heart for the development of a heart murmur or rhythm changes. We palpate the abdomen and carefully check the lymph nodes to help detect early swellings or enlargement of the organs that may be the first signs of a silent disease or even a tumor. Thankfully, most physical examinations result in a clean bill of health. But our doctors, during "well visits," have picked up numerous cases of critically important diseases in their early stages, and absolutely have saved lives in doing so. Many sports programs require a current physical examination for participation, and we agree with that requirement.

Even if a minor problem is discovered your doctor can advise you on testing that may be necessary, we may be able to initiate a treatment program, or help decide when your youngster may benefit from seeing a specialist. One of the advantages to our Well Child Assessment program is so that we can get to know you and your children better. Developing a therapeutic relationship with your child aids you and your child in compliance with important medical advice. Every year there are new medical advances in childcare, sometimes new preventive vaccines that are recommended, and we will pass the new recommendations to you in an informative way so you can make the best choices for your child's health year to year.

We value the trust and confidence you have put in our doctors and staff at Health Basix and appreciate being able to take the best possible care of your child.

What to Expect During an Annual Checkup

Wellness checkups typically are tailored to your child's age and developmental stage. For example, if we are seeing an adolescent, we will review his/her body mass index (BMI) to ensure that she/he's maintaining a healthy weight for his/her frame.

In general, a wellness exam will cover:

- Height and weight measurements
- Growth milestones and how they compare with appropriate growth charts
- Developmental milestones
- Vital signs, including blood pressure and heart rate
- Eating habits



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- Exercise habits
- Behavioral/Sleep issues

The visit also will include a comprehensive physical exam. In general, the physician will examine your child's:

- Eyes and perform a vision screening (with corrective lenses if needed)
- Ears, looking for excessive earwax, infections, perforated ear drums or items in ears (it happens!)
- Nose, checking for polyps or septum deformities
- Throat and mouth, looking at the tonsils, back of the throat and tongue (which can signal dehydration) and checking the teeth
- Heart, checking for abnormal sounds such as murmur or abnormal rate or rhythm
- Lungs, checking for abnormal breath sounds
- Abdomen, feeling for masses or areas that are painful when touched
- Detailed Dental Exam for cavities, oral hygiene and other dental
- Skin, looking for rashes or skin lesions

He or she also will perform a musculoskeletal exam to determine strength and stability. They will check and examine for any gait abnormalities, abnormal spine curvature, and your child's ability to follow directions, for example seeing if your child can jump on one foot.

Your child's health and wellness can impact physical development, school performance and behavior. Annual visits are an important opportunity to ensure your child is thriving and feeling his or her best.

Regards

Sonika Kochhar Girotra

Principal

