

Myopia (short-sight)

Here are some strategies to help schools meet the needs of children with myopia. The needs of children and young people with myopia can be met through Quality First Teaching and simple strategies used in the classroom. In the majority of cases these children and young people do not require specialist interventions from a Qualified Teacher for Visual Impairment. The information in the universal section of the Mainstream Core Standards for VI will also be useful.

What is Myopia?

Myopia, also known as short-sightedness, is where a child will be able to see an object at close range but experience problems when the object is taken further away. It is important that appropriate glasses are prescribed and worn by younger pupils all the time. In cases of high myopia medical advice should be sought before contact sports are undertaken.

Myopia is caused by a refractive error. The term refraction relates to the eye's capacity to bend the light rays that enter into it in such a way that they form an image on the retina. If the light rays do not reach the retina, then vision will be blurred and this is short-sightedness.

Signs that a child may have become myopic include: difficulty reading/seeing work at a distance; evidence of tiredness, lack of concentration; Inability to complete work due to tiredness; copying from a neighbour; can appear clumsy; can appear insecure. The parents should be advised to visit the optician with their child so that a vision test can be carried out.

General strategies

- Check with parents that a child's glasses are for full time wear.
- Make sure that the children wears glasses when they are at school, for all curriculum activities and for assemblies as well.
- Check that the glasses are kept clean.
- Keep a spare pair of glasses in school in case the child forgets them.
- Check with parents that the child is attending optician appointments and that they are wearing glasses with an up to date prescription.
- Be vigilant for any of the following with the other pupils that you teach. These are possible signs that a child may be having visual difficulties and could need to attend an optician appointment.