## Eye on Success at Bridgeport Elementary Schools November 2015



**Have you heard of Computer Vision Syndrome (CVS)?** CVS is an eye-related problem caused by too much time on a computer, cell phone or tablet. It's important that a student's screen time is monitored at school and at home.

## Does your child have:

Eye strain?

**Headaches?** 

**Blurred vision?** 

Dry eyes?

Neck and shoulder pain?

If your child has one or more of these symptoms of CVS, please call your local optometrist office and schedule an eye exam for your child today. Your optometrist can test your child for CVS and treat the problem. Vision problems can cause trouble in the classroom and make learning harder for your student. Treating CVS and limiting screen time will help your student keep an eye on success in school.

