



Visual Stress Statement 2025 – 2026

Visual stress describes the discomfort some people feel when looking at text for long periods. Symptoms vary, but can include headaches, migraines (especially when working on the computer), eyestrain, and words or letters appearing to 'jump' or move on the page. *Crossbow Education*

At Gordano School, students who present with symptoms of visual stress as outlined above or similar, either through self-referral to teachers or parental referral and for whom this is a significant and persistent difficulty, will be referred to Student Support.

Students are asked if they have seen a professional optician within the last year. If they haven't, we recommend that this is carried out to ensure there are no underlying visual difficulties as well.

A Visual Stress Assessment test will be carried out to determine if any further action is required. At this point, a student may be given a coloured reading ruler to try for 4 weeks. Parents are encouraged to ensure that a standard eye test has been conducted by a qualified optician/optometrist within the last year.

If the student has found a significant benefit from using the coloured ruler, then they may continue to use this for their school work and exams.

Parents/carers may wish to consider seeking further specialist help from an optometrist who can diagnose the correct coloured lenses if they wish to purchase glasses with tinted lenses. This is especially important for students who may benefit from writing on coloured paper to reduce visual stress, however, this usually incurs an extra cost. We do not copy exam papers onto coloured paper.

A letter will be sent to parents to confirm that a test has been carried out and if a reading ruler has been issued. If a reading ruler has been issued, then staff will check in with students regularly during the year to monitor the impact. The student will be allowed to use their reading ruler in all examinations. It is the students' responsibility to look after the reading ruler and report any losses or damage to the Student Support Faculty.