

Welcome to Kindergarten

PUBLIC HEALTH INFORMATION

Does your child have a serious medical condition?

A medical condition is considered serious if it means that your child could require emergency care or medication at school.

It is important to review this medical condition with the principal and your child's teacher EVERY year and complete the health plan at the school.

A Public Health Nurse is available for consultation, if needed.

Stay healthy: wash your hands!

Teaching children to wash their hands with soap and water for at least 20 seconds (singing Happy Birthday 2 times) helps to stop the spread of germs.

It is especially important to wash your hands before eating and after going to the bathroom, after playing with classroom pets, or after playing in playgrounds or sandboxes.

*For more information, go to dbugsneeddrugs.org



Public Health Nurses provide the following services:

- Consultations for medical conditions with staff, students, and families
- Educational resources and curriculum support to promote health and safety
- Immunizations and communicable disease control

You can reach a **Public Health Nurse at your local Health Unit** from 8:30 a.m.-4:00 p.m. Monday to Friday. (See the list of health units at the bottom of this page)

Immunizations



A booster dose of DTaP-IPV (diphtheria, pertussis, tetanus, and polio) and MMRV (measles, mumps and rubella and varicella) are recommended for all children starting at 4 years of age.

Immunizations are available through your local **Public Health Unit**, your family doctor, and

immunizing pharmacies. (Pharmacists can immunize children 5 years or older.)

If you have questions concerning immunizations, you can find more information at fraserhealth.ca (search 'immunizations' under Health Topics).

BC Healthy Kids Program

If your family has a limited income, your child may qualify for benefits with the BC Healthy Kids Program. This program provides both dental and vision coverage for children under 19 years of age. For more information, contact the Ministry of Social Development at 1-866-866-0800 or visit online at Ministry website-Healthy Kids Program

Abbotsford 604-864-3400	Agassiz 604-793-7160	Burnaby 604-918-7605	Chilliwack 604-702-4900	Cloverdale, Surrey 604-575-5100	Guildford, Surrey 604-587-4750
Hope 604-860-7630	Langley 604-539-2900	Maple Ridge 604-476-7000	Mission 604-814-5500	New Westminster 604-777-6740	Tri-Cities 604-949-7200
Newton, Surrey 604-592-2000	North Delta 604-507-5400	North Surrey 604-587-7900	South Delta 604-952-3550	White Rock 604-542-4000	

Health Link BC

It's **FREE** and available **24 HOURS** a day!
Talk to a **Registered Nurse** or a **Registered Dietitian** simply by dialing **8-1-1** or access the web at HealthLinkBC.ca



School Health Website

Fraser Health has a website for parents and teachers to access child and youth health information: fraserhealth.ca
Find 'Health Info'
Click on 'Children and Youth' then scroll down to 'School Health'

Did you know?

Physical activity throughout the day and a regular bedtime routine will help your child be successful at school.



Dental, Vision, and Hearing

Healthy teeth and eyes are important. It is recommended that all children have regular dental and vision examinations.

The UBC Children's Dental Program offers free, basic dental services for kids 5-12 yrs who are not able to go to the dentist due to financial barriers.

In BC, basic eye exams are free up to the age of 18 years. Check with your eye care

specialist for more information.

Kindergarten hearing screening helps to identify if your child has temporary and permanent hearing loss.

If you have questions or concerns about Vision, Hearing, and/or Dental, please contact your **local Health Unit**.

Head Lice

Head lice are common in school children and are not associated with serious disease or poor hygiene. Head lice are tiny grayish-brown insects that live on the human scalp. They are spread directly by head-to-head contact or indirectly through sharing of combs, brushes, or hats. Lice don't fly, they only crawl.

It is important to find and treat head lice early. To decrease the incidence of head lice,

we ask that you check your child's head regularly for the presence of live head lice. If you detect live lice, please contact your school. Confidentiality will be maintained. A letter will be sent home with your child's classmates to remind parents to check for lice.

For more information on what to look for and treatment options, contact your **Public Health Nurse**, or visit HealthLinkBC.ca.

Healthy Eating! Healthy Living!

Children who eat breakfast are more alert at school and may have a healthier weight. Offer your child foods from 3 of the 4 food groups from [Canada's Food Guide](#) for a healthy breakfast or lunch.

Children need nutritious snacks in between meals and after school. For example, plain yogurt with fruit slices or vegetable sticks with bean dip. Healthy and easy to eat lunches are key for school. Try last night's leftovers packed in a preheated thermos, or roll sliced meat into a whole wheat tortilla with orange wedges on the side.

Trust your child to eat as much as they want at meals and snacks and to stop when they are full. This teaches them healthy eating

habits for a lifetime. Healthy eating is part of healthy living. For more, go to fraserhealth.ca (Under 'Health Info', select 'Children and Youth', then 'Nutrition').

