

Welcome to Kindergarten

PUBLIC HEALTH INFORMATION

2015 EDITION

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 & 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 & water 5-7 times a day*, helps to keep kids, families, & teachers healthy throughout the school year.

It is especially important to wash your hands before eating & after going to the bathroom.

*For more information, go to dobugsneeddrugs.org

Within the school setting, Public Health Nurses provide the following:

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



You can contact 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 unit at the bottom of this page.)

Immunizations fraserhealth

A booster dose of Diphtheria, Pertussis, Tetanus, and Polio containing vaccine as well as a Varicella (chicken pox) vaccine are recommended for all kindergarten-aged children between 4 and 6 years of age.

You can get these immunizations, or any vaccines (such as

influenza) that your child may be eligible for at your local health unit, through some pharmacies, and some family physicians.

If you have questions concerning immunizations, you can find more information at immunizebc.ca

DID YOU KNOW?

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



Abbotsford
604-864-3400

Agassiz
604-793-7160

Hope
604-860-7630

Langley
604-539-2900

Newton, Surrey
604-592-2000

North Delta
604-507-5400

Burnaby
604-918-7605

Maple Ridge
604-476-7000

North Surrey
604-587-7900

Chilliwack
604-702-4900

Mission
604-814-5500

Port Coquitlam
604-777-8700

Cloverdale, Surrey
604-575-5100

New Westminster
604-777-6740

South Delta
604-952-3550

Guildford, Surrey
604-587-4750

Newport, Port Moody
604-949-7200

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 Dietician simply by dialing 811 or access the web at www.healthlinkbc.ca



School Health Website

Fraser Health has a website for parents & teachers to access child & youth health information: www.fraserhealth.ca Find "Your Health" at the top of the page, and scroll down to "School Health"

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

Dental, Vision, & Hearing

Healthy teeth & 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. For more information, contact the Dental Program at your local Health Unit.

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

Kindergarten children will be offered dental, vision, & hearing screenings during the school year. If there are any concerns, parents will be contacted by a Public Health Unit staff member.

Head Lice

Head lice are common in school children & are not associated with serious disease or poor hygiene. Head lice are tiny grayish-brown wingless 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.

It is important to find & 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, visit www.HealthLinkBC.ca.

Healthy Eating!

Written by FH Public Health Dietitians

Eating breakfast helps children be alert at school & to have a healthier weight. A healthy breakfast has foods from 3 of the 4 food groups like: scrambled egg & cheese served on an English muffin or oatmeal with blueberries & milk.

Children need healthy snacks to meet their nutrition needs. Examples of a healthy snack: vegetable sticks & hummus dip or yogurt & apple slices. Water is the best thirst quencher. Sugary drinks have lots of calories but very little nutrition.

Healthy & easy to eat lunches are key for school like: tuna salad on whole wheat rolled up tortilla and pear slices. Eating together as a family supports everyone's good health. Allowing children to eat as much as they want at meals/snacks and to stop when they're full teaches healthy eating habits.

For more ideas on healthy eating:

www.healthyfamiliesbc.ca
www.bettertogetherbc.ca

