

Welcome to Kindergarten

Supporting Healthy Learners at School

Getting Ready for a Healthy Start to Learning

Entering Kindergarten is a big change. A brand new 'big' school with new routines, new people and friends, so it is normal for kids and parents to have mixed feelings about all these changes. We have outlined a few resources that can assist in this transition.

Separation anxiety:

<https://vch.eduhealth.ca/PDFs/GK/GK.726.S47.pdf>

The morning struggle:

<http://vch.eduhealth.ca/PDFs/GK/GK.600.M67.pdf>

Sleep and your preschooler:

<http://vch.eduhealth.ca/PDFs/GK/GK.600.S54.pdf>

Positive Discipline for preschoolers:

<http://vch.eduhealth.ca/PDFs/GK/GK.600.P67.pdf>

Sharing Food, Creating Fun:

<http://vch.eduhealth.ca/PDFs/BB/BB.200.E28.pdf>

Screen Time and Your Child:

<http://vch.eduhealth.ca/PDFs/GK/GK.300.T45.pdf>

Head Lice:

<http://www.vch.ca/Documents/getting-rid-of-head-lice.pdf>

Dental:

<http://www.vch.ca/Documents/Getting-your-child-ready-for-school-oral-health-tips-dental.pdf>

Allergy Aware Schools:

<http://www.vch.ca/Documents/allergy-aware-school-childcare-settings-tips-parents.pdf>

Common Childhood Illnesses:

<https://sneezesdiseases.com/>

Kindergarten Immunization

Immunization is your child's best protection now and in the future, and it is important to ensure they are up-to-date. At kindergarten an immunization booster is needed for Diphtheria, Whooping cough, Tetanus, Polio and a booster of Measles, Mumps, Rubella and Chicken Pox.

It is recommended children update their immunizations before starting school. If your child has not had their 4-6 year old booster shots, you can have them done with your Physician or Public Health. To book a Public Health appointment call 604-983-6700. For more information: immunizebc.ca

Immunization Records

Public Health Nurses screen students' immunization records to ensure they are up-to-date. If your Child's record is not on file with Vancouver Coastal Health (VCH), the nurse connected to your child's school will contact you.

* If your child's immunizations were completed with your Physician, you may need to provide a record to Public Health if your Physician's office has not already done so.

You can submit or receive your child's immunization history by emailing:

nsimmunizations@vch.ca

COVID-19 – when to keep your child home from school:

<https://www.k12dailycheck.gov.bc.ca/>

Students Requiring Additional Support:

If your child has a serious medical condition or anaphylactic allergies, please notify your school staff. You must complete the Medical Alert forms from the school office and the school will direct you to provide any emergency medication at the start of the school year as needed. Public Health Nurses are also available to assist in supporting families and schools to create a safe environment for students.

Dental

Dental health is important for children’s overall health and for their ability to speak and to learn to read. All children should visit a dentist at 1 year of age and should have their teeth checked and cleaned twice a year. For more information: <http://www.vch.ca/public-health/health-topics-a-z/topics/dental-health/how-to-brush-your-childs-teeth>

Vision

It is recommended that children’s vision be first screened at age 3. There is no cost for vision exams for children. If your child has visual difficulties or a known hearing loss, please talk to your child’s teacher.

BC Healthy Kids Program

Children in families eligible for MSP supplementary benefits under Medical Services Plan (MSP) through the Ministry of Health are eligible for the Healthy Kids Program. This program provides dental and vision and hearing coverage for children under 19 years.

For information, call Ministry of Health at 1-866-866-0800

Raising a Healthy Eater

Healthy eating will help your child have energy to learn and play.

Ways to help your child include:

- Enjoying meals together as much as possible without screens or other distractions
- Remembering it is the Parent’s/caregiver’s responsibility is what, when and where children eat, and that the child’s responsibility is if and how much they decide to eat at each meal.
- During kindergarten hours, children need a healthy lunch and two snacks. Food should be manageable for small hands. Water is the best choice for thirst
- **HealthLinkBC**
To speak with a Dietitian, Pharmacist or Nurse, call Health Link BC at 8-1-1 or you can visit healthlinkbc.ca to find resources. This free 24 hour service is available in many different languages.

Sleep

Children age five to twelve require 9 – 11 hours of uninterrupted sleep per night. With all the changes and additional learning that occurs as they start Kindergarten, as well as any extra-curricular and social activities they are participating in; children often appear more tired. Therefore, sleep is more important than ever to support their behavior and ability to transition and navigate their new world. The right amount of sleep fosters your child’s ability to learn and adapt to the demands of school and the emotions that they will experience. Regular and early bed times are important.

Children Learn Through Play!

Children who are physically active are healthier and perform better at school. Canadian guidelines recommend 60 minutes of moderate to intense physical activity per day for children. Choosing to walk or bicycle to school can help to meet this guideline and, increase the children’s safety by reducing traffic around the school.

For more information or any questions please contact Public Health at **604-983-6700**

