

# Welcome to Kindergarten

## Supporting Healthy Learners at School

Each school has a Public Health Nurse who works with schools and families to support healthy learners. The [North Shore School Health Manual](#) outlines public health services and contact information. Note that some of our usual services are on hold or being delivered in a modified fashion due to the ongoing COVID-19 pandemic.

### Getting Ready for a Healthy Start to Learning

Starting Kindergarten is a big change. A brand new 'big' school, with new routines, many new people and friends. It is common for children and parents to feel many emotions and have questions about making friends, the new school and routines.

Resources for parents

#### Helping kids cope with back to school emotions:

<https://www.anxietycanada.com/articles/helping-your-child-cope-with-back-to-school-anxiety/>

#### 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>

#### 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>

#### Best Start – A booklet for parents:

#### Learning to Play and Playing to Learn:

[https://www.beststart.org/resources/hlthy\\_chld\\_dev/pdf/school\\_readiness\\_english\\_fnl.pdf](https://www.beststart.org/resources/hlthy_chld_dev/pdf/school_readiness_english_fnl.pdf)

### 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. A booster of Measles, Mumps, Rubella (MMR) & Chickenpox is also needed. For more information:

[immunizebc.ca](http://immunizebc.ca)

It is recommended children receive the kindergarten immunizations before starting school. If your child has not had their 4-6 year old booster shots, you can have them done with your Family Dr. or Public Health, to book an appointment with Public Health please visit us at Jane App:

<https://northshorepublichealth.janapp.com/>

### Immunization Records

Gathering this information is important. It helps us respond quickly to outbreaks in schools and helps everyone get back to learning as soon as possible. If Vancouver Coastal Health (VCH) does not have a copy of your child's immunization record, please submit it to:

[Northshorevaccinerecord@vch.ca](mailto:Northshorevaccinerecord@vch.ca)

### COVID-19 Information

Please see the BCCDC and VCH websites for the most up to date information. If you have specific

### Students Requiring Additional Support

Please review with the school staff EVERY year if your child has the following:

- Anaphylaxis (severe allergy)
- Diabetes
- Seizures
- Asthma
- Attention, behavior, learning needs
- Blood clotting disorder
- Heart conditions
- Another life threatening condition
- Complex feeding
- Developmental disabilities



### 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

If your family has limited income, your child may qualify for the BC Healthy Kids Program. This program provides dental and vision 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 that the Parent's/caregiver's responsibility is what, when and where children eat. The child's responsibility is if and how much they 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.

### Health Link BC

To speak with a Dietitian, Pharmacist or Nurse call Health Link BC at 8-1-1 or you can visit [healthlinkbc.ca](http://healthlinkbc.ca) to find resources.

This free 24 hour service is available in many different languages.

### Keeping Your Child Well

Handwashing with soap and water, for at least 30 seconds, is the best way to stop the spread of germs. Teach Children to wash their hands on a regular basis. It is important before and after eating, using the toilet, blowing their noses.

### When Should I keep My Child Home from school?

Please keep your child home if they:

- Have a fever.
- Have any cold, flu like symptoms you are unsure about.
- Have a suspected or known communicable disease (i.e. strep throat, chicken pox).
- Are vomiting or have diarrhea. It is recommended that students be symptom free at least 24 hours before returning to school.

### Sleep

Children age five to twelve require 9 – 11 hours of uninterrupted sleep per night. As they start Kindergarten, due to all the changes, the amount of learning they are doing 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 learning and the ability to adapt to the demands and emotions that they will experience. That could impact their ability to learn. 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.

