

Healthy Kids, Happy Learners!



Welcome to Kindergarten! Public Health is here to help your child have a happy, safe, and healthy school year.

Immunize your child before starting school

At age 4, children need booster shots for:

- Diphtheria, Pertussis (Whooping Cough), Tetanus, Polio
- Measles, Mumps, Rubella, Varicella (Chicken Pox)

Many family doctors, some pharmacies and public health give immunizations. Call your doctor's office or follow this QR code to find a pharmacy or clinic near you.



When you register your child for school, provide their immunization record by:

- Submitting it to the school OR
- Submitting it to VCH

**Scan the QR code
to find out how**



Sharing records with Public Health helps us respond to school outbreaks and is required by provincial law.

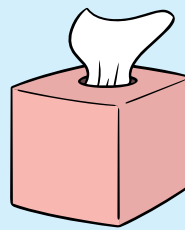
Preventing spread of illness

Washing your hands and getting immunized are the best ways to stop the spread of germs.

Help your children learn to wash their hands with soap and water (for at least 20 seconds) after using the washroom and before eating.



When your child is sick



Children with fever, cough, or a runny nose **should stay home until they are well enough to participate in regular activities.**

If your child has diarrhea or vomiting, they **can return to school when they no longer have any symptoms.**

Managing medical conditions at school

Let your school know if your child needs extra help anaphylaxis (severe allergy), diabetes, seizures, asthma and/or any other complex medical needs.



If you have questions about your child's immunizations or concerns about their transition to school, talk to your doctor or call your local public health unit to talk to the Public Health Nurse for your child's school.

Public Health Tips for a Healthy Start to Kindergarten

Dental



For a healthy mouth, we recommend:

- Supporting your child to brush their teeth twice a day with fluoride toothpaste
- Flossing every day
- Drinking water or milk instead of sugary drinks
- Visiting the dentist every 6 months

Families may be able to get free or low-cost dental care through the BC Healthy Kids Program and Canadian Dental Care Plan.

Hearing

Hearing is important for children's learning and development.

Every year, our hearing team **visits Kindergarten students in each school to screen for hearing loss.**



Vision

We recommend **all children see an optometrist to have an eye exam before Kindergarten.**

BC Medical Services Plan covers an eye exam once a year for children under 19, but some eye clinics may charge an additional fee.



Physical Activity

Active kids have more energy, feel better, and are ready to learn.

Each day, help your child get:

- **1hr of physical activity**
- **9-11hrs of sleep, and**
- **less than 2hrs of screen time**

Walking, biking and rolling to school is a fun way to get their daily activity. For more ideas, scan this QR code.



Mental Wellness

Social and Emotional Learning (SEL) means building social and emotional skills to:

- Have good relationships
- Understand feelings
- Do well in school and life

To learn how you can help your child develop these skills, **visit the School Health website (see QR code below)** and explore resources under the 'For parents and caregivers' tab.

Healthy Eating

Eating different kinds of nutritious foods helps kids:

- Be ready to learn
- Feel good about themselves
- Feel good about their body

Eating well is also about **building healthy attitudes and behaviors around food and eating.**

For tips and healthy lunch ideas, **visit 'Supporting Healthy Eating at School' on the School Health website (see QR code below).**



For more information, scan the QR codes below:



Kindergarten

- Immunizations
- Preventing Illness
- When your child is sick
- Managing medical conditions at school
- Dental, Hearing & Vision Health... and more



School Health

- Physical Activity
- Mental Wellness
- Healthy Eating... and more