

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, many new people and friends. Starting this journey to school it is normal for kids and parents to feel anxious about all these changes. We have outlined a few resources that can assist in in this transition.

Resources for parents

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>

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, Chicken Pox.

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 call 604-983-6700.

For more information: immunizebc.ca

Immunization Records

It is important to provide VCH with your child's immunization record. Public Health Nurses screen all new students to ensure the records are up-to-date. Please submit your records to VCH by email at nsimmunizations@vch.ca.

When Should I keep My Child Home from school?

Please keep your child home if they:

- Have a fever.
- Are too sick to take part in all normal school activities.
- 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.

Students Requiring Additional Support

If your child has a serious medical condition or Anaphylactic allergies please notify the school staff. They will have you complete the Medical Alert forms from the school office. 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/Documents/VCH-mouth-care-3-6-years.pdf>

Vision and Hearing

Kindergarten students will have their vision and hearing checked at school. 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, and that 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 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. 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.

