



WELCOME TO

SCHOOL



**A MESSAGE
FROM YOUR SCHOOL NURSE**



DEAR PARENTS:

A Public Health Nurse from your local health unit will be the School Nurse for your child's school. The School Nurse's time at the school varies; you can contact her/him at your local Health Unit from 8:30 am to 4:30 pm Monday to Friday.

A Healthy School promotes the health and wellness of school aged children. This is best done through the collaboration of school staff, parents, students, health care providers, and the community.

Within the School setting, Public Health Nurses provide:

1. Immunization and communicable disease control
2. Consultation with staff, students, and families for students with medical alerts, conditions or high risk students
3. Educational resources and curriculum support to promote health and safety

Please don't hesitate to call your public health nurse if you have any concerns about your child's health.

DOES YOUR CHILD HAVE A SERIOUS MEDICAL CONDITION?

If your child has a **serious medical condition** that may need emergency care or medication at school, it is important to review this with the principal and your child's new teacher **every** year. The School Nurse is available for consultation if needed.



BEE WISE -IMMUNIZE

If we haven't received your child's immunization record, please leave a copy at the school office as soon as possible, with your child's name on it.

- A booster for Diphtheria, Pertussis, Tetanus and Polio (DPTP) is recommended when your child starts school. This immunization can be done anytime between the ages of 4 and 6 years of age.
- Your child is eligible for the chicken pox (Varicella) vaccine if he/she has not previously had chickenpox disease, or the vaccine after one year of age.
- All children born July 1, 2002 and later are eligible for a one time dose of Meningococcal C vaccine
- You can get these immunizations, or any other vaccines that he/she is eligible for at the health unit or through your family physician.

INFLUENZA SHOTS

Flu vaccines are offered each year, starting in the fall. Free vaccine is given to adults and children with a chronic medical condition and all healthy children 6-23 months of age and their household contacts. Call your local health unit for information.

STAY HEALTHY - WASH YOUR HANDS

Teaching children to wash their hands with soap and water 5-7 times a day, especially before eating & after going to the bathroom helps keep kids, families & teachers healthy throughout the school year. For more information go to: www.dobugsneeddrugs.org

LOCAL HEALTH UNITS:

Phone your local health unit for immunization clinic dates & times.

ABBOTSFORD (604) 864-3400	HOPE (604) 860-7630	NEW WESTMINSTER (604) 777-6740
AGASSIZ (604) 793-7160	LANGLEY (604) 539-2900	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 (604) 575-5100	NEWPORT (604) 949-7200	SOUTH DELTA (604) 952-3550
GUILDFORD (604) 587-4750	NEWTON (604) 592-2000	WHITE ROCK/S SURREY (604) 542-4000

HEARING, DENTAL, VISION, and SPEECH

Kindergarten children may be offered screening during the school year. If there are any concerns, parents will be contacted by a health unit staff member.

All children should have a complete eye exam by an eye care specialist once between 3 and 5 years of age, before they enter first grade and at regular intervals thereafter. In BC, basic eye exams are free up to the age of 18. Check with your eye care specialist to find out more.

Healthy teeth are important. Your child should have regular dental appointments starting at one year of age, and routinely thereafter.

Research shows that children with early speech and language problems sometimes develop reading problems. If you have concerns, request an assessment by a Speech Language Pathologist.

If you are concerned about your child's health in any of these areas, please contact your local Public Health Unit.



THE BC HEALTHY KIDS PROGRAM

If your family has a limited income, your child may qualify for benefits under the BC Healthy Kids Program. This program provides both dental and vision coverage for children under 19 years. For more information call your nearest Public Health Unit or call the **HEALTHY KIDS INFORMATION LINE** at 1-866-866-0800.



Licebusters

BUGGED ABOUT LICE?

Head lice are parasites that only infect human scalps. They are spread directly by head to head contact or indirectly through items that come into contact with a person's head. Head lice do not cause disease.

You will know your child has head lice if you find eggs (nits) on the hair strand, or if you see live, moving lice.

Check your child for lice if he/she is scratching their head or if a friend/classmate has head lice.

It is important to find head lice early and treat the hair promptly. For information on what to look for and treatment options, check out the School Health Web site at www.fraserhealth.ca . Find "Your Health" at the top of the page, and scroll down to "School Health". You may also call your local health unit.

What if your child has head lice?

If your child has head lice, please contact the school to keep it from spreading and to prevent your child from getting it again. A letter may go home to your child's class to remind other parents to check their children, with confidentiality maintained.

Breakfast is Very Important!



Kids who skip breakfast find it hard to concentrate and focus on learning in school. Eat breakfast with your child to show him/her that grown-ups need a healthy breakfast too. Try different foods like last night's leftovers if your child doesn't like 'breakfast' foods.

Smart Snacking



Children need to "fuel up" often because they have high energy needs. Snackers are hungry less often, may be less fussy and can learn better. Kids sometimes don't eat a lot at mealtimes. Offering healthy snacks gives kids a chance to make up for meals when they weren't hungry.

The best snacks are fun, easy to eat at school, and have foods from 2 of the 4 food groups from Canada's Food Guide. Children like the classics such as cheese and whole grain crackers, veggies and dip, fresh fruit pieces, and healthy baked goods. And remember, the best drink to go with your child's snack is milk or water.

Family Meals

Same Food, Same Time, Same Place!



Eating together as a family helps children eat healthier as well as behave better. Keep the following in mind when feeding your family:

- Same Food - serve your kids the same food as you serve yourself.
- Same Time - have everyone eat at the same time.
- Same Place - have everyone sit at the table at the same time.



READY, SET, GO!

Kids need to be active in order to learn to feel good about their bodies and themselves.

Set aside time each day to be active with your children.

- Take a walk in the park
- Get everyone involved in the fall yard clean up
- Find a new playground to visit
- Bike to the library
- Bring a ball or frisbee along to the beach
- Dance to your children's favorite music
- Spend less time in front of the TV and the computer

SCHOOL HEALTH WEBSITE

We have a website for parents and teachers to access child and youth health information. It is found at our Fraser Health Website at the following address:

www.fraserhealth.ca

Find "**Your Health**" at the top of the page, and scroll down to "**School Health**"

DO YOU NEED MORE HEALTH INFORMATION?

Your nearest Public Health Unit has lots of health information for parents on numerous subjects:

- Snack ideas
- Good nutrition
- Dental information
- Parenting
- Immunization Information
- Common childhood diseases
- Allergies/Asthma
- Puberty Changes/sexual health

Another excellent source of information is the 24 hour **Healthlink BC** (Formerly BC Nurseline) dial: **811** or on the web at www.healthlinkbc.ca



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Fraser Health Regional School Health Committee