

# A Healthy Start to Kindergarten

- ✔ School nurse program
- ✔ Immunization reporting
- ✔ Packing nutritious lunches
- ✔ Arriving safely
- ✔ Dental screening
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## PUBLIC HEALTH IN YOUR SCHOOL

By focusing on positive changes that benefit all children, public health works with schools and school boards to ensure every school community is a safe and healthy place to thrive. Across our organizations, public health provides support, educational resources, and clinical services to school community members. To learn more about public health in schools, please visit:

Southwestern Public Health (Oxford and Elgin Counties)  
[www.swpublichealth.ca/school](http://www.swpublichealth.ca/school)

Middlesex-London Health Unit (Middlesex County and The City of London)  
[www.healthunit.com/public-health-at-your-school](http://www.healthunit.com/public-health-at-your-school)



## IMMUNIZATION REPORTING

Under the Ontario Immunization of School Pupils Act, parents are required to provide Public Health with all their children's vaccines. Doctor's offices do not report your child's vaccinations to Public Health. You may receive a letter from your Public Health unit asking for additional information if your child's vaccine records are not up to date.

Children need proof of immunization against:

Tetanus	Diphtheria	Pertussis
Polio	Measles	Mumps
Rubella	Meningococcal	Varicella

If you cannot find the record, contact your healthcare provider.

If you do not want your child to be vaccinated:

- **for medical reasons** your healthcare provider must complete a Statement of Medical Exemption (School Pupils) and file it at the Health Unit.
- **for philosophical/religious reasons**, you are required by Ontario's Immunization of School Pupil's Act to watch Ontario's Vaccine Education Video and complete the Statement of Conscience/Religious Belief form. You must then have it witnessed and signed by a commissioner for taking affidavits before submitting it to the Health Unit.

## HOW TO REPORT YOUR CHILD'S IMMUNIZATIONS:

### Southwestern Public Health (Oxford & Elgin Counties)

[www.swpublichealth.ca/vaccineswork](http://www.swpublichealth.ca/vaccineswork)

Mail or In Person: 1230 Talbot Street, St. Thomas

OR 410 Buller Street, Woodstock

St. Thomas Phone: (519) 631-9900

Woodstock Phone: (519) 421-9901

Fax: (519) 631-1682 (St. Thomas)

OR (519) 539-6206 (Woodstock)

### Middlesex-London Health Unit

(Middlesex County and The City of London)

[www.healthunit.com/immunization-records](http://www.healthunit.com/immunization-records)

Mail or In Person: 355 Wellington Street,  
Suite 110 London, Ontario N6A 3N7

Phone: (519) 663-5317

Fax: (519) 663-0416

## STAYING HEALTHY

There are simple actions that your family can take to stay healthy throughout the school year.

Encourage your child to wash their hands:

- After they use the washroom
- Before eating
- Anytime their hands look dirty
- After touching animals
- After sneezing and coughing

If your child is not well, they should stay home.

Be sure to have a plan in place to care for sick children at home.

For information on common illnesses and infections and how to care for a sick child please visit: [Guide to Common Childhood Infections](#)



## PACKING NUTRITIOUS LUNCHES

Packing school lunches: including a variety of foods gives children the energy and nutrients they need to learn, play and grow. When planning lunches, keep these tips in mind:

- Involve your kids. Children who help prepare their lunch are more likely to eat it.
- Make lunches “kid” friendly. Use containers that can be easily opened by your child.
- Pack lunches in an insulated lunch bag with an ice pack to keep cold foods cold. Keep hot foods hot by using a thermos.
- Remember to clean the inside of the lunch bag each day.

### Are you concerned about how your child is eating?

If your child is between 18 months & 5 years old go to [www.nutritionscreen.ca](http://www.nutritionscreen.ca)

**Hungry for more?** Check out the “On the way to kindergarten” resource linked [HERE](#)

## ARRIVING SAFELY

### Does my child need a car seat?

Children must ride in a car seat until they are at least **40 pounds (18 kg)**.

### Does my child need a booster seat?

Children must ride in a booster seat until they are at least 4 feet, 9 inches (145 cm) tall AND 80 pounds (36 kg), OR a minimum of 8 years old.

### Did you know?

Boosters raise your child higher so that the adult seat belt is in the correct position on their body. For more information, visit: [Car Seats and Booster Seats: What You Need to Know?](#)

## ACTIVE TRAVEL TO SCHOOL

Walking, biking, and rolling to school is an easy way to add physical activity to your child's day. Physical activity will help your children to stay focused at school and build healthy habits for years to come. You can encourage your child to be active by walking with them to school. This has other benefits too. It limits traffic congestion around schools and reduces greenhouse gas emissions. For fun ways to get involved with active travel to school please check out: [Active and Safe Routes to School Resources](#).

## DENTAL SCREENING

Our Oral Health Team traditionally visits elementary schools in our region. Unless you state otherwise your child in JK, SK and Grade 2 will receive a free dental screening by a Registered Dental Hygienist. If you have a concern about your child's teeth, please call us to discuss options. For more information about dental services for children aged 0-17, visit:

### Southwestern Public Health (Oxford and Elgin Counties)

[www.swpublichealth.ca/en/community-health/oralhealth-in-schools.aspx](http://www.swpublichealth.ca/en/community-health/oralhealth-in-schools.aspx)

### Middlesex-London Health Unit (Middlesex County and The City of London)

[www.healthunit.com/school-screening](http://www.healthunit.com/school-screening)

**Note:** dental screening does not replace a regular check-up by your child's dentist.

## VISION SCREENING

Eye problems can go unnoticed because kids often don't know they have trouble seeing, so they don't complain to parents about their eyesight. Eye examinations are covered once a year by provincial health insurance for people under 20. Call your local optometrist.

To find a participating optometrist and to learn more go to: [www.EyeSeeEyeLearn.ca](http://www.EyeSeeEyeLearn.ca)

