

KINDERGARTEN IMMUNIZATION PROGRAM

Public Health offers immunization clinics throughout the year for Kindergarten aged children.

The following are the most common vaccines given to children at this age. Some children may be missing some vaccines and have not completed their childhood immunizations. Public Health Nurses or Family Physicians can ensure that your child is fully immunized against the following vaccine preventable diseases.

Vaccine	Vaccine Schedule
Diphtheria, Tetanus, Pertussis and Polio (given in one poke)	Most children in kindergarten are due for this vaccine.
Varicella (Chickenpox)	Most children in kindergarten are due for a <u>second</u> dose of this vaccine. <ul style="list-style-type: none"> ◆ Children who have had chickenpox disease or shingles when they were <u>over</u> one year of age do not need this vaccine. ◆ Children who had chickenpox disease when they were <u>younger</u> than one year of age OR who have never had chickenpox disease should have already been given 1 dose of this vaccine and now need a second dose. If the second dose is necessary, it can be mixed with the measles mumps and rubella, so the child will be getting only one poke.
Hepatitis B	Most children in kindergarten should have already been given 3 doses of this vaccine.
Measles, Mumps and Rubella (given in one poke)	Most children in kindergarten should have already been given 1 dose of this vaccine. Most children in kindergarten are due for a second dose of this vaccine. In kindergarten it can be mixed with chickenpox vaccine so children will be getting only one poke.
Meningococcal C	Most children in kindergarten should have already been given 2 doses of this vaccine.

All of these vaccines are provided free of charge by the health unit or your family doctor. To check your child's immunization status or to make an appointment, phone your local [Public Health Unit](#).

For more information:

- ◆ Your local [Public Health Unit](#)
- ◆ [HealthLinkBC](#) or dial 8-1-1 (a free call)
- ◆ [HealthLink BC Files](#)
- ◆ Your family doctor
- ◆ www.immunizebc.ca

Public Health Services for School Age Children

Public Health staff includes public health nurses, dental hygienists, Nursing Support Services, community nutritionists, audiologists and others. We work with students, parents and school staff to promote the health of all students in schools. If you have any questions about the services listed below, contact the school or your local health unit.

Health Services

- ◆ Screens kindergarten students for hearing and vision problems. Kindergarten dental screening occurs every three years. Parents are contacted if their child needs further help with assessment or treatment.
- ◆ In conjunction with teachers of the deaf and hard of hearing, provides support for students with specialized hearing equipment.
- ◆ Consults about students who have health concerns, at the request of parents, students or school staff.
- ◆ Provides information about community health resources and services.

Public Health Phone Numbers

- ◆ Esquimalt 250.519.5311
- ◆ Gulf Islands 250.539.3099
- ◆ Peninsula 250.544.2400
- ◆ Saanich 250.519.5100
- ◆ Salt Spring 250.538.4880
- ◆ Sooke 250.519.3487
- ◆ Victoria 250.388.2200
- ◆ West Shore 250.519.3490

Immunization

- ◆ Offers kindergarten immunization clinics at health units. These vaccines are provided to eligible students:
 - ◆ Diphtheria/Pertussis/Tetanus/Polio;
 - ◆ Measles/Mumps/Rubella/Varicella (Chickenpox).
- ◆ Immunizes grade 6 and 9 students at schools. These vaccines are provided to eligible students:
 - ◆ Hepatitis B; HPV and Varicella – grade 6;
 - ◆ Tetanus/Diphtheria/Pertussis; Meningococcal – grade 9.

Complex Health Care Needs

- ◆ Develops health/dental care plans for eligible students with complex health care needs (i.e. diabetes, seizure disorder).
- ◆ Trains educational assistants to support the health/dental needs of these students while they are at school.

For more information:

- ◆ www.islandhealth.ca/learn-about-health/children-youth/school-age-children-5-19-years-old

FIRST TIME? LET'S GET STARTED USING ACTIVE TRAVEL!

Island Health recognizes the importance of daily physical activity. Are your children getting 60 minutes of physical activity a day?

"Together, we can make active travel, like walking, cycling, or taking transit, part of our school routine - for the good of our physical and mental health and our communities."

~ Dr. Murray Fyfe, Medical Health Officer, Island Health

Walking and biking to school for the first time can be daunting for you and your kids. Here are a few tips to help you get organized:

- ◆ Plan a route beforehand. A safe and enjoyable walk or bike route to school may not be the same route as the one you drive. Map-out your route to take advantage of cut-throughs and off-street pathways.
- ◆ Pack lunches the night before to save time in the morning (get the kids to help).
- ◆ Don't let weather get in the way. Be prepared. Find out what the weather will be like the next day so that there's not a rush looking for gear. Dressing for the weather is important: sunscreen and hats for the warmer days; mitts and scarves for the chilly days; and proper rain gear on the wet days.
- ◆ For young children, think about how to make it fun (although they will have fun anyway!). Look for different types of birds, species of trees, how many people are wearing hats, or using umbrellas. See how long you can kick a pinecone.
- ◆ Is it really too far? If the kids are complaining, consider showing them this short film! [On the Way to School](#)

For more ideas and information:

- ◆ Your local [Public Health Unit](#)

Eating Together, Eating Better

Studies show that eating a meal or snack together at least once a day has many benefits.

Children:

- Do better in school
- Have better social and language skills
- Are more likely to be a healthy weight
- Are more connected to their families and friends
- Have a better understanding of family values and traditions
- Are less likely to smoke, use drugs or alcohol
- Are less likely to be bullied
- Have less risk of depression and suicide
- Feel more secure and stable, with a greater sense of belonging



"I love having dinner with Grandpa! I tell him about school and the sports I play. He tells me his stories – it's cool!"

Eating together, time to connect.



"I teach my child to eat by eating with her. We make meals and memories together. It's a lesson she'll use for life."

Families:

- Build strong family ties by setting the table for sharing and talking
- Eat more vegetables, fruits and other foods high in calcium, fibre, iron and other nutrients
- Eat fewer fried foods, chips and pop
- Enjoy a greater variety of foods
- Save money by eating out less often
- Create family traditions and memories





On the run?

Tips for fast meals, not fast foods.

- Let kids choose a favourite meal or snack and help with shopping and cooking. Kids can peel, chop, stir or set the table.
- Use frozen or canned products to save time. Buy bagged salads, pre-chopped veggies or a roasted chicken.
- Keep it simple – a sandwich, milk and fruit makes a fast and healthy meal.
- Cook up a big batch of soups, stews, casseroles or pasta dishes to keep in the freezer.
- Pack a picnic to eat together before or after practice, games or work.
- Make the same meal for everybody!

Family meals happen any time a child and at least one adult eat together.

It is a time to role model healthier choices and for everyone to “check in”.

“We have breakfast together most days – the food is easy and it gets everyone off to a good start.”



For GREAT Family Meals...

- **G**ather around simple meals.
- **R**emember, families can share any meal – breakfast, lunch and snacks count just as much as dinner.
- **E**at what you usually eat – to start. Later you can work on what is served if you want.
- **A**llow time for meals. Make them part of your routine.
- **T**urn off the screens – TV, computer, phones and video games.

Table Talk

- Family meals are a time for food, laughter and pleasant conversation.
- Choose another time to talk about report cards and discipline issues.
- Remember, parents decide **what** to serve, **when** and **where**; children decide **how much** to eat and **whether** to eat.
- For conversation starters check out: www.makemealtimefamilytime.com/free_mealtime_conversation_cards.pdf

For more information call Dietitian Services at HealthLink BC at 8-1-1

Jump-Start the day with BREAKFAST!



Break the fast with a healthy breakfast!

Breakfast provides energy, important nutrients, vitamins and minerals for school and play. Eating breakfast prevents unhealthy snacking and overeating at the next meal. It has also been shown to improve memory and test grades.



Eat breakfast together!

- Children who eat with an adult that is important to them establish healthy eating routines.
- When people eat together, they eat healthier.
- A family meal doesn't have to happen at dinner time – breakfast offers a great chance to connect!

Breakfast ideas for on-the-go!

Banana Boat Sandwich

Spread 1-2 teaspoons of nut butter on a whole-wheat hotdog bun or pita and add 1 whole peeled banana. Serve with milk or soy beverage.

Swift Serve Breakfast

Combine 3 of these options to make a balanced breakfast:

- Oatmeal or bran muffin
- Milk or soy beverage
- Egg or nuts and seeds or low-sodium cottage cheese
- Slices of fresh fruit or berries



Crunch in a Bag

Put 1 cup of crunchy unsweetened cold cereal in a lunch bag. Add unsalted peanuts, sunflower seeds, raisins, dried banana chips or apple slices and shake! Serve with yogurt, milk or plain soy beverage.



Breakfast ideas for at home!

Banana Berry Smoothie

Put the following ingredients in a blender and mix well: 1 ripe banana; ½ teaspoon vanilla; ½ cup yogurt or soft tofu; ½ cup berries (may be frozen). Add water, milk or soy beverage to desired consistency and serve!

Hot or Cold Unsweetened Cereal

Add ¼ cup raisins and chopped nuts or ½ cup sliced fruit to your favourite unsweetened cereal. Serve with milk or fortified soy milk.

Quick and Simple Ideas

- Egg and veggie scramble (cook in the microwave for 1-1½ minutes)
- Whole grain pita stuffed with cottage cheese and sliced fruit
- Whole grain tortilla with tuna, chopped tomatoes and greens
- Whole grain bagel or bannock with ham and tomato
- Baked beans or sardines on whole grain toast; serve with a glass of milk, soy beverage or low-sodium tomato juice



Snack Attack!

Healthy Snacking with Canada's Food Guide

The Food Guide reminds us to eat mindfully and slowly, without distractions. Choose smaller portions - try not to eat directly from large bags or containers. Plan and prepare snacks ahead of time.

Include a variety of foods, such as:

Vegetables and Fruits

- Raw, canned or frozen

Protein Foods

- Cheese, yogurt or cottage cheese
- Hard boiled or devilled egg
- Bean dip or hummus
- Nuts, unsweetened nut butters, pumpkin or sunflower seeds

Whole Grain Foods

- Oatmeal, homemade granola or bars
- Bagels, muffins, crackers or pita bread
- Homemade muffins



Try these Combos!

- Cheese slices on whole wheat or rye crackers
- Peanut butter on celery with raisins on top
- Sliced tomatoes, cucumber and lettuce leaves on whole grain bread
- Peach or pear halves filled with cottage cheese



Crunchy, Crisp Foods

- Carrot sticks, raw turnip chunks, fresh peas in the pod, celery sticks, or radishes
- Apple wedges – try with peanut butter or sprinkle with cinnamon
- Air-popped popcorn sprinkled with cinnamon, herbs or parmesan cheese

At Home

- Whole grain English muffin topped with avocado or apple slices and melted lower fat cheese
- Sliced cucumber and red pepper with hummus or lower fat yogurt dip
- Lower fat cheese and whole gain crackers with cherry tomatoes
- Whole grain toast with peanut or no-nut butter and banana
- Lower fat yogurt topped with frozen berries and nuts



Thirst Busters – Take Back the Tap!

- Stay hydrated with tap water!
- Turn tap water into a refreshing work of art by adding fresh herbs, fruits or veggies



Food Allergies

Some food items on this handout may be restricted in schools and childcare settings where children may have life-threatening food allergies. Check with your school or childcare setting for policies and practices related to food allergies.

Prevent Choking in Younger Children

Do not give foods like nuts, whole hot dogs, popcorn, whole grapes, large pieces of raw fruit or hard, raw vegetables, peanut butter by the spoonful, chewing gum or hard candies, fruit with pits or marshmallows to a child under 4 years old.

Healthy Teeth

These foods are healthy but high in sugar or stick to the teeth, both of which can cause tooth decay. Try to eat them only with meals:

- Dried fruit: raisins, prunes, apricots, figs, etc.
- Homemade baked goods like cookies and granola bars



Lunches to Go!

Some of the food items on this handout may be restricted in some schools and childcare settings where children may have life-threatening food allergies. Check with your school or childcare setting for policies or practices related to food allergies.

Kids can help build lunches from Canada's Food Guide:

- Vegetables and fruits
- Whole grain foods like breads and cereals
- Protein foods including beans, lentils, lean meat, fish, chicken, peanut butter
- Calcium-rich foods like partly skimmed milk, cheese, yogurt, fortified soy beverages

The rule of thumb for a healthy lunch is to have a combination of foods from Canada's Food Guide. Here are some healthy lunch examples:

- Pancakes or waffles, fruit, plain yogurt
- Crisp bread, hard cheese, apple
- Bran muffin, yogurt, vegetable sticks
- Pasta salad, milk, peach
- Hard cooked egg, whole wheat crackers, carrot sticks
- Bean dip, veggies, taco chips
- Rolled up sliced meat, pita bread, orange
- Whole wheat hot dog bun, sliced cheese, tomato, lettuce, grapes

Pack a Safe Lunch

- Fix lunches ahead (try after dinner) and refrigerate
- Use an insulated bag with a freezer pack or chilled thermos to keep food cool; frozen juice or milk in cartons keeps food cool
- Make sandwiches ahead and freeze (without vegetables or mayonnaise) to thaw for lunch
- Choose a thermos and reusable plastic dishes and bottles to pack lunches instead of throw-away packaging
- Don't reuse plastic bags – they can harbour bacteria
- Recycle aluminum cans if possible
- Wash lunch containers every night to keep bacteria from growing and, once a week, clean them with baking soda to get rid of odours.

Instead of Sandwiches . . .

Muffin-wiches

- Banana bran, hard cheese
- Applenut, tuna
- Cornmeal, chicken slices

Bagel-wiches

- Cheese, lettuce, thinly sliced tomato
- Tuna, red pepper, thinly sliced cucumber
- Turkey or ham, drained coleslaw, mayonnaise

Salad or Pita Pocket Combos

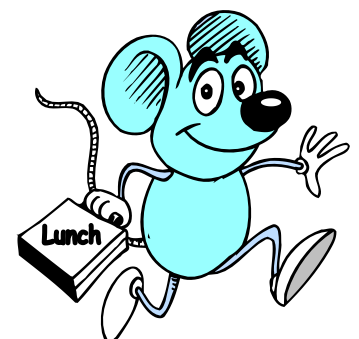
- Hard cooked egg, chopped cucumber, onion
- Chicken chunks, sliced seedless grapes
- Turkey chunks, chopped nuts, spinach
- Salmon or tuna or cooked fish, red and green pepper slices
- Ricotta or cottage cheese, fruit
- Chopped ham, pineapple
- Hummus (tahini and ground chickpea dip), vegetables
- Shredded cheese, grated carrot
- Cheese, tomato, cucumber

Salads

- Pasta
- Green
- Rice
- Bulgur or cracked wheat
- Mixed bean
- Potato
- Coleslaw
- Spinach
- Carrot/raisin

For a Change from Bread

- Bagels or rolls
- English muffins
- Scones or biscuits
- Flat bread/wraps
- Pita bread
- Rice cakes
- Crackers
- Melba toast
- Bread sticks
- Naan bread
- Bannock



More Ideas . . .

Cheese Please!

- Mix grated cheese, cottage or Parmesan with plain yogurt and mayonnaise to dip or spread
- Carrot, celery or breadstick wrapped in Swiss cheese
- String cheese
- Cheese with chili bean or taco sauce dip or salsa
- Sliced ham or turkey rolled around cheese stick
- Cored apple filled with cheese chunks
- Mini cheese balls

Peanut Butter Partners

- Banana in a hot dog bun
- Raisins, grated carrot
- Crushed pineapple
- Sunflower or sesame seeds
- Crushed banana chips
- Unsweetened applesauce, grated cheese
- Chopped celery

Hot or Cold Reruns

- Chili
- Stew
- Curry
- Perogies
- Spaghetti and meatballs
- Pasta and favourite sauce
- Macaroni and cheese
- Baked beans
- Pizza (or English muffin or pita shell with topping)
- Kebobs (ie: meat or chicken, pepper, tomato)
- Casserole
- Stir-fried vegetables with tofu
- Chicken pieces
- Burrito with refried beans, cheese, tomato
- Samosas and chutney
- Empanada or Cornish pasties
- Tortellini
- Soup or chowder

Try with:

- Cheese bread or muffin
- Soda bread
- Chapatti or roti
- Bread pretzel
- Bannock

Cool Seasonal Veggies

- Turnip sticks
- Carrot sticks or baby carrots
- Celery sticks
- Cauliflowerettes
- Broccoli or broccoflower trees
- Baby corn
- Radishes
- Zucchini sticks
- Peas in pod or snow pea pods
- Pepper strips (yellow, green, red, orange, purple)
- Cherry tomatoes

About Choking . . .

Don't give foods like nuts, whole hot dogs, popcorn, whole grapes, large pieces of fruits or vegetables, chewing gum or hard candies to a child under 4 years of age.

Remember to Brush Up!

These kinds of foods stick in your teeth and can contribute to tooth decay, so brush after eating:

- Raisins, dried fruit, fruit leathers
- Cookies, crackers, muffins, cakes
- Granola bars, breakfast bars, fruit bars, dry cereal

If you can't brush, then do one of the following to reduce the risk of decay:

- Chew a piece of sugarless gum
- Eat a piece of hard cheese or a few nuts
- Swish with water

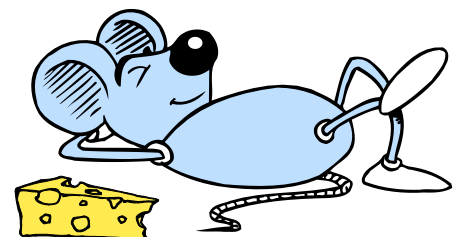


Fast Fruits

- Melon balls
- Cherries
- Berries
- Kiwi fruit
- Grapes
- Pears
- Peaches
- Canned fruit (in own juice)
- Banana
- Apple
- Orange
- 100% fruit juices and nectars (freeze in reusable cups for slush)

Little Extras

- Sunflower or pumpkin seeds
- Peanuts, almonds or other nuts
- Peanut butter or cheese with crackers
- Pepperoni stick or beef jerky
- Pretzels
- Non-sugar-coated cereal
- Air popped popcorn
- Pickles or olives
- Special napkin or straw



Speech Language 4-5 Years

You can expect me to...

- Pronounce most speech sounds correctly.
- Participate in and understand conversations at home and at school.
- Re-tell a story, and ask and answer questions about a story.
- Say f, y, k, g, t, d, ng.
- Use sentences with 4-6 words.



Contact Us!

- Victoria Health Unit
250-388-2200
- Saanich Health Unit
250-519-5100
- Esquimalt Health Unit
250-519-5311
- Peninsula Health Unit
250-544-2400
- West Shore Health Unit
250-519-3490

Talk to me!

- Continue introducing your child to new words and different meanings of words.
- Involve your child in planning something in the near future or talking about the recent past to help them improve storytelling skills.
- Give your child time to respond or finish their sentences.
- Talk about the order of events that will happen in your day (using words like first, then, next, last).

Play with me!

- Play games that involve listening and taking turns to help build good conversation skills.
- Involve your child in group activities.
- Play games like "I Spy" using descriptive words.



Let's read and sing together!

- Read rhyming books and have your child fill in blanks when the rhymes become familiar (like *Cat in the Hat*). Encourage them to make up their own!
- Cut out pictures from magazines or newspapers to use in making stories.
- Clap or tap out long words into their syllables (elephant as *e-le-phant*).

You could sing:

- *There's a Hole in the Bottom of the Sea*
- *Alouette*
- *A Sailor Went to Sea*
- *Un Elephant se Balançait*

You could read:

- *Madeline*
- Ludwig Bemelmans
- *The Hockey Sweater*
- Roch Carrier
- *Where is the Green Sheep?*
- Mem Fox
- *Wave*
- Suzy Lee
- *The Paper Bag Princess*
- Robert Munsch

Community Resources

- Strong Start Programs
- GVPL Storytime
- Family Resource Programs at your Community Centre

Online Resources

- Mother Goose Club
- Community Trust UK: Small Talk
- Alberta Talk Box

Sleep Tips for School-Aged Children

Getting enough sleep is important to our physical and emotional health. The Canadian Paediatric Society encourages regular and uninterrupted sleep for children based on age.

Ages	Recommended Sleep Amount
3 - 5 years old	10 - 13 hours
6 - 12 years old	9 - 12 hours
13 - 18 years old	9 - 10 hours

10 Sleep Tips for Healthy Sleep!

1. Have a bedtime routine, and try reading books or singing favourite songs together
2. Go to bed at the same time every night, even on weekends
3. Get up at the same time every day, even on weekends
4. Avoid napping throughout the day
5. **Wind down and relax before bed, turn off screens at least 1 hour before bedtime**
6. Eat healthy meals and snacks throughout the day, and not too close to bedtime
7. Be physically active every day
8. **If worrying or anxiety is causing your child to have a hard time falling asleep, try writing out the worries and talking about them at another time when you are both relaxed**
9. Use your bed for sleeping only so that the bed is a reminder of sleep
10. Make the bedroom a quiet and calm place; keep lights to a minimum, limit screens in bedrooms and put away things that are distracting



References:

<https://www.healthyfamiliesbc.ca/home/articles/good-sleep-habits-10-tips-children>

Source: Sean Boulet, Occupational Therapist, Queen Alexandra Centre for Children's Health, *Top Ten Sleep Tips* - 2017

<https://aasm.org/resources/pdf/pediatricsleepdurationconsensus.pdf>

<https://sleepfoundation.org/>

<https://www.caringforkids.cps.ca/> - Canadian Paediatric Society