

Kindergarten! ... here I come!



School Entry Health Checklist

- School entry boosters** – Immunization Information enclosed
- Nutrition information** – Canada’s Food Guide and information from the Dieticians of Canada on “Packing Healthy School Lunches and Snacks FAQs” enclosed
- Physical Activity information** – Canadian Physical Activity Guidelines enclosed
- Vision test** – call your local optometrist to book an appointment for your child’s eye test – this is a free exam. As part of Medicare in Manitoba, the Provincial Government insures basic optometric eye exams every 2 years for children aged 0 – 18 years.
- Hearing test** – Check with your school division to see if your child’s hearing will be tested in school. If not, you can book an appointment with the Audiology Department at the Selkirk & District General Hospital at 204-785-7497 or the Beausejour Primary Health Care Centre at 204-268-7465. Hearing testing is also done at private audiology and hearing centres, for a fee.
- Oral health** – “Brush up on Healthy Teeth” information enclosed
- Hand hygiene** - The great germ fighter – information enclosed
- Lice information** – “The Facts of Lice” information enclosed
- Safety Reminders for Back to School** – enclosed

