

September 2022

## Re: Fraser Health's Healthy Back to School Guide

Dear parents, guardians and students in the Fraser Health region,

We look forward to the 2022/2023 school year and continuing to support the health and well-being of school communities in our region. We are sharing the following web resources and information about public health services with you to support a healthy and safe return to school for all students and their families/guardians.

### School health resources:

Check out our [Healthy Back to School Guide](https://fraserhealth.ca/schools) (fraserhealth.ca/schools) for information on how to help children manage back to school anxiety, eat healthily, safely travel to and from school and sleep well. You'll also find resources for parents/guardians and children around overdose awareness and prevention, substance use, gender and sexual identity, and healthy relationships.

### COVID-19 guidance for schools

For updated provincial guidance and information about schools and COVID-19, visit the [British Columbia Centre for Disease Control \(BCCDC\) Schools](#) web resource.

### Immunizations:

#### *Immunizations – Kindergarten entry, Grade 6 and Grade 9*

- Children can receive their **Kindergarten entry** immunizations starting at age 4 and should receive the recommended vaccines prior to school entry. Information on how to book Kindergarten immunizations can be found on our [children and youth immunizations](#) page.
- In B.C., [school-aged children and teens](#) are offered vaccines in **Grade 6 and Grade 9**. Grade 6 and Grade 9 students can receive these [immunizations by public health nurses at school clinics](#). Information and consent forms for Grade 6 and Grade 9 students will be sent home at the beginning of the school year. Parents/guardians are encouraged to discuss [consent for immunization](#) with their children.

#### **COVID-19 immunizations**

- In addition to the above immunizations, all children and youth are encouraged to be up-to-date on COVID-19 immunizations. Currently everyone 6 months of age and older is eligible for COVID-19 immunizations.
- Booster shots are available for everyone aged 5 and older this fall.
- **COVID-19 vaccines are not provided at school clinics.**
- We encourage all children and youth to be registered at [gov.bc.ca/GetVaccinated](https://gov.bc.ca/GetVaccinated) so they will be notified when it's time to book appointments.



Better health.  
Best in health care.

**Flu immunizations**

- Flu vaccine is recommended yearly for all children and youth 6 months of age and older.
- Flu vaccines usually become available in October.
- **Flu vaccines are not provided at school clinics.**
- To find a flu clinic, visit [immunizebc.ca/clinics/flu](http://immunizebc.ca/clinics/flu)

**Child health screenings:**

**Dental**

Kindergarten dental screening will continue to be offered by our Public Health Dental team. During the 2022/2023 school year they will offer screening to all Kindergarten students. Students who are identified as having a dental concern will be provided with a referral and resources to access dental care.

**Vision**

Children should have their vision checked yearly by an optometrist once they enter school. In B.C., children up to the age of 18 are eligible for one free eye exam per year. Parents/guardians can book their child’s vision test at their local optometrist using the [Find an Optometrist](#) database or by calling the BC Doctors of Optometry at 604-737-9907.

**Hearing**

Good hearing is essential for speech and language development and early detection of hearing loss is important. Learn the signs of hearing loss and how to refer students to a local public health audiology clinic on our [hearing services](#) page.

For more information about dental care, vision or hearing tests for children, visit our [child health screenings page](#) ([fraserhealth.ca/childhealthscreenings](http://fraserhealth.ca/childhealthscreenings)).

**B.C.’s [Healthy Kids Program](#)**

The [Healthy Kids Program](#) provides coverage for basic dental treatment, vision care, and hearing assistance to children in families with low incomes.

If you have questions about the information in this letter please contact your local public health unit, listed below.

Public Health Units:					
<b>Abbotsford</b> Tel: 604-864-3400 Fax: 604-864-3410	<b>Agassiz</b> Tel: 604-793-7160 Fax: 604-796-8587	<b>Burnaby</b> Tel: 604-918-7605 Fax: 604-918-7630	<b>Chilliwack</b> Tel: 604-702-4900 Fax: 604-702-4901	<b>Cloverdale, Surrey</b> Tel: 604-575-5100 Fax: 604-574-3738	<b>Guildford, Surrey</b> Tel: 604-587-4750 Fax: 604-587-4777
<b>Hope</b> Tel: 604-860-7630 Fax: 604-869-2332	<b>Langley</b> Tel: 604-539-2900 Fax: 604-514-8036	<b>Maple Ridge</b> Tel: 604-476-7000 Fax: 604-476-7077	<b>Mission</b> Tel: 604-814-5500 Fax: 604-814-5517	<b>New Westminster</b> Tel: 604-777-6740 Fax: 604-525-0878	<b>Tri-Cities</b> Tel: 604-949-7200 Fax: 604-949-7211
<b>Newton, Surrey</b> Tel: 604-592-2000 Fax: 604-501-4814	<b>North Delta</b> Tel: 604-507-5400 Fax: 604-507-4617	<b>North Surrey</b> Tel: 604-587-7900 Fax: 604-582-4811	<b>South Delta</b> Tel: 604-946-6953 Fax: 604-940-8944	<b>White Rock</b> Tel: 604-542-4000 Fax: 604-542-4009	

