

August 25, 2026

Re: Supporting a healthy back to school

Dear Valued School Partners,

We look forward to supporting the health and well-being of your school communities during the 2026/2027 school year. Below you will find important information about public health services available for students, families and staff for the upcoming school year.

Please share this information with your administrative and staff teams for their own awareness, use and distribution to families.

School health resources

- Our [Healthy Back-to-School Guide](#) has information on back-to-school anxiety, nutrition, safe travel to and from school, sleep and immunizations.
- Our [School Health web resource](#) has answers to the most frequently asked health related questions from parents, teachers and school administrators.
- Our [Healthy Schools Communications Toolkit](#) has monthly messaging on key health topics for parents/caregivers and students. We will send specific messaging each month and schools are encouraged to share these messages in school newsletters and on social media channels.

Immunizations

All routine school-aged immunizations are free in British Columbia. It is important that all students stay up to date with their immunizations.

For Kindergarten - Grade 5:

- **Check your child's immunization record by** Logging in to [Health Gateway](#).
- **Get immunized:** If your child is missing any vaccine, [book an appointment](#) with public health or check with your local pharmacist, family doctor, or nurse practitioner.
- **Report your immunizations:** If vaccines your child has received aren't on their public health record, get a copy from your provider and upload it at fraserhealth.ca/immunizationform. Records can be submitted in any language.

For Grades 6-12, school-based immunization clinics and digital consent:

- We offer routine immunizations at schools to students in grade 6 and 9 and catch up students in grade 6 to 12 on missing vaccine doses.
- **New this year:** Families can check their child's immunization records and provide consent for school immunizations online at immunizationconsent.gov.bc.ca/s/.
 - Look at "immunization forecast" to see if your child needs any vaccines.
 - Fill out the form to complete consent online.
 - You can fill out consent now or any time before the school clinic.
 - Paper consent is also available and will be sent home with your child.

Some **important preventable illness** to be aware of include [measles](#) and [pertussis \(whooping cough\)](#). Both these illnesses have been increasing globally, including here in Canada.

If children have cough, fever, or rash, it is recommended that they stay home.

Childhood health screening

Dental:

- Every three years, a province-wide kindergarten dental screening takes place in all schools. This helps us monitor trends in early childhood dental health and evaluate the effectiveness of dental programs. Information about cavity rates in the Fraser Health region can be found here: [Fraserhealth.ca/DentalHealth](https://fraserhealth.ca/DentalHealth).
- This year, dental screening will be offered by Public Health to Kindergarten students in schools where there were a high number of students identified with dental health issues. A separate letter with more information and further instructions will be sent to schools who fall into this category.

Vision:

- Vision issues may impact learning. All children should have a yearly eye exam with an optometrist to help detect issues early and provide treatment.
- In B.C., basic eye exams are free up to the age of 18, although some optometrists may charge an additional fee per visit. The [Healthy Kids Program](#) may be able to support eligible low-income families with financial assistance for prescription glasses.
- To find an optometrist in your area, contact the [BC Doctors of Optometry](#).
- For more information, visit fraserhealth.ca/ChildHealthScreenings.

Hearing:

- Good hearing is essential for speech and language development and plays an important part in a child's social and emotional growth.
- Public Health's community audiologists provide hearing services for children from birth to 19 years of age. For children who have hearing concerns, referrals can be made by a

parent/guardian or by a health or education professional to the local public health audiology clinic using the [Audiology Clinic Referral form](#).

- For more information about hearing visit: fraserhealth.ca/HearingServices.

Injury Prevention

E-scooters:

- We have seen an increase in e-scooter injuries reported in youth.
- It is important to understand the rules and how to ride safely to avoid serious injuries.
- Parents and caregivers are encouraged to consider:
 - Whether their municipality permits e-scooters for anyone
 - Provincial age requirements (at least the age of 16)
 - Whether their child has the maturity and skills to ride safely
 - Helmet use
 - Safe routes to school and other destinations
 - The importance of following local rules and traffic laws
- For more information about e-scooters, visit: [E-scooter safety - Fraser Health](#) and see infographic: [what-every-parent-needs-to-know-about-e-scooters-999699.pdf](#)

Your continued support in keeping our children and communities healthy is much appreciated. If you or your staff have questions about the information in this letter, please contact your [local public health unit](#).

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Hope HU Tel: 604-860-7630 Fax: 604-869-2332	Langley HU Tel: 604-539-2900 Fax: 604-514-8036	Maple Ridge HU Tel: 604-476-7000 Fax: 604-476-7077	Mission HU Tel: 604-814-5500 Fax: 604-814-5517	New Westminster HU Tel: 604-777-6740 Fax: 604-525-0878	Tri-Cities HU Tel: 604-949-7200 Fax: 604-949-7211
Newton HU, Surrey Tel: 604-592-2000 Fax: 604-501-4814	North Delta HU Tel: 604-507-5400 Fax: 604-507-4617	North Surrey HU Tel: 604-587-7900 Fax: 604-582-4811	South Delta HU Tel: 604-946-6953 Fax: 604-952-3550	White Rock HU Tel: 604-542-4000 Fax: 604-542-4009	

Warm regards,



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