

## Welcome to Kindergarten - Information from Toronto Public Health

Starting school is an exciting time for children and parents/caregivers. Below are some tips to help make a child's school experience a healthy one.

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### Immunization

It is very important for your child to have up-to-date [immunization](#) before starting school. Toronto Public Health is required to keep records of students' immunization status, so please report your child's immunization, every time they receive a vaccine or booster to avoid school suspension. It is easy to report it [online](#), or you can call our Immunization line at 416-392-1250, or mail a photocopy of your child's immunization record to:

Toronto Public Health-Immunization  
235 Danforth Avenue, 2nd floor  
Toronto, Ontario M4K 1N2

### Eye Examination

Your child should have an eye examination before starting school. Many children have a vision problem which can affect their learning and is sometimes not apparent to parents/caregivers. Eye examinations done by an optometrist are covered by OHIP once per year, up to the age of 19. The [Eye See Eye Learn](#) program offers comprehensive eye examinations and a free pair of eye glasses for junior kindergarten students. Please check their website to find a participating optometrist.

### Hand Hygiene

Starting school is a good time to establish good [hand hygiene](#) routines such as proper handwashing and covering your cough. Proper hand hygiene will prevent the spread of germs for everyone and reduce absenteeism in school.

### Sleep

Children need 10 or more hours of [sleep](#) each night. Create a bedtime routine with your child and avoid any kind of screen time before bed. Being active during the day will help children to sleep at night. Try deep breathing exercises with your child to help them relax and fall asleep easier.

### Healthy Eating

[Healthy eating](#) will provide your child with energy so they can learn better in school. Offer your child a variety of healthy foods based on the [Canada's Food Guide](#). Ask your child's school if they have a healthy breakfast, snack or lunch program.

For questions or further information, please call Toronto Health Connection at 416-338-7600 or email [publichealth@toronto.ca](mailto:publichealth@toronto.ca)