

September 3, 2025

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 2025/2026 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. Schools are encouraged to share these messages in school newsletters and on social media channels.

Measles

An important preventable illness to be aware of right now is **measles**, which has been increasing globally, including here in Canada. Symptoms of measles include fever, cough, runny nose and red, inflamed eyes, followed by a rash. The rash usually starts on the face and neck and spreads to the chest, arms and legs.

Measles vaccination

Immunization is the best way to prevent measles infection. It is important to ensure that children and caregivers (if born in or after 1970) have received at least two doses of a measles-containing vaccine. Find out how to check immunization records [here](#).

Measles-containing vaccines are available at many [pharmacy locations](#), physician offices and at all [public health units](#).

If children have symptoms of measles, it is recommended that they stay home. If they do need to see a health care provider, it is important, to prevent spread, that they call ahead and wear a mask.

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:** Log in to Health Gateway at HealthGateway.gov.bc.ca to see what's on file.

- **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.
- Learn more at fraserhealth.ca/immunize.

For Grades 6 -12, school-based immunization clinics:

- Fraser Health is offering routine immunizations at schools to students in grade 6 and 9 and catching up students in grade 6 to 12 on any vaccines they may be missing.
- **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.

Childhood health screening

Dental:

- Every three years, a province-wide kindergarten dental survey takes place in all schools. The survey 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.
- Based on these results, in 2025/2026, dental screenings will be offered by Public Health 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:

- Children should have a yearly eye exam with an optometrist to help detect issues early and provide treatments.
- Vision issues may impact learning in kindergarten and subsequent school years. Public Health does not currently provide vision screening in schools. All parents and caregivers are encouraged to book an eye exam for their child at their local optometrist (eye doctor).
- 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.

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](#).

Warm regards,



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Hope HU Tel: 604-860-7630 Fax: 604-869-2332	Langley HU Tel: 604-539-2900 Fax: 604-530-8138	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
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