



# KALAMAZOO RESA Head Start



## WE ARE SO EXCITED THAT YOU HAVE DECIDED TO ENROLL YOUR CHILD IN PRESCHOOL AT KALAMAZOO RESA HEAD START!

Our goal is to partner with you to teach your child the important skills that they need to be ready for kindergarten, and to build a foundation for success both in and out of the classroom. We work to empower our families to advocate for their children in school and the community, and for their health.

Please keep this flyer in your Health Folder to answer any questions you may have as we work to support your child's growth and school readiness.

### PHYSICAL/WELL CHILD EXAM

A physical is an exam performed by your doctor. They will record your child's height, weight, blood pressure, hearing, vision, hemoglobin and lead levels.

#### When do I need it?

A current physical is needed within 30 calendar days of your child's first day of school.

#### Why do I need it?

Your child should have regular physicals to prevent illness and to monitor growth and development. This is your opportunity to ask any questions you may have about your child's health, as well as to build a partnership with the physician.



### DENTAL EXAM

A dental exam is only completed by a dentist. The dentist will search for cavities, signs of infection and other oral health concerns.

#### When do I need it?

A current dental exam is needed within 90 calendar days of your child's first day of school.

#### Why do I need it?

Regular dental exams help protect oral health and general wellbeing. A dental exam will give the dentist a chance to provide tips for teeth care, as well as an opportunity to detect any problems early - when they're most treatable.



## DENTAL SCREEN/CLEANING

A dentist or hygienist will clean your child's teeth, check for cavities, discuss diet and habits. They will also demonstrate proper teeth brushing and flossing techniques.

### When do I need it?

A current dental screen/cleaning is needed every 6 months.

### Why do I need it?

Regular cleanings help prevent tooth decay and plaque build-up. Even baby teeth are important to keep clean as they are the "place holders" for adult teeth. If not properly taken care of it can cause cavities, pain and damage to teeth, gums and future adult teeth.



## ACTION PLAN/MEDICATION LOG

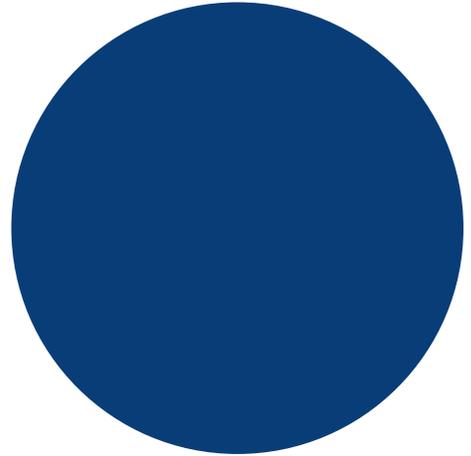
An Action Plan/Medication Log is signed by the parent/guardians and the physician. The document allows teachers to administer medication and ensures that staff are aware of any triggers and emergency signs that the child needs their medication or medical attention.

### When do I need it?

Any time a child is prescribed a medication by a physician. If an Action Plan is needed, it must be documented in the Health Office for the child to attend school. A Medication Log will be used to track the medication as it is administered. Examples: Epi pen, Albuterol, Nebulizer, Inhaler, etc.

### Why do I need it?

Your child's safety and wellbeing are our top priority. An Action Plan/Medication Log is needed to ensure that your child is safe at school.



## DIET ACCOMMODATION FORM

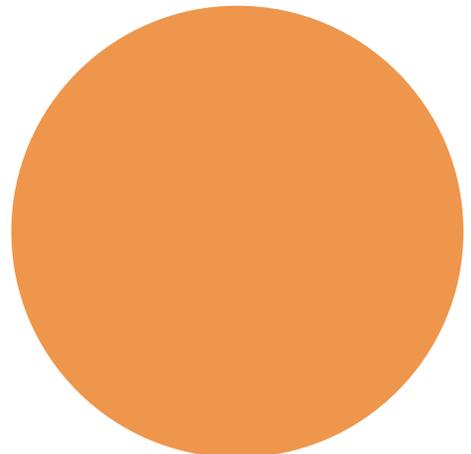
The Diet Accommodation Form tells Food Services what your child cannot eat at school to make sure that meals are planned accordingly.

### When do I need it?

Any time your child requires a special diet at school. If your child has a food allergy, your physician will need to sign the diet accommodation form before the child can attend school.

### Why do I need it?

All meals are sent to our classrooms from outside locations. The Diet Accommodation Form alerts staff to any potential food allergies in Head Start classrooms.



If you have any questions regarding these important health forms, please contact your Family Advocate.

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