

## INFORMATION FOR THE KINDERGARTEN HEALTH CHECK 2023

Dear Parent/Guardian

Canberra Health Services (CHS) is pleased to offer the 2023 Kindergarten Health Check (KHC) to your child in their first year of primary school. The aim of the program is to promote child health and wellbeing and help with the identification of children with potential health problems that may affect their ability to learn.

### The KHC program includes:

- A health check provided by School Health Registered Nurses at your child's school
- A questionnaire (enclosed with this letter) answered by parents/guardians

### The health check:

The School Health Registered Nurses will visit your child's school during 2023, and with your consent, will conduct the following health checks:

#### **Vision check**

Distance vision and eye movements will be checked, using an eye chart and a small light directed briefly into your child's eyes

#### **Hearing check**

Headphones will be placed on your child's ears to check their response to sounds

#### **Height, Weight and Body Mass Index**

Height and weight will be measured, without shoes or jumper (your child will not be informed of the results)

Once the health check has been completed, the results will be available for you to see in the **My Digital Health Record**. If you wish to have the results posted to you instead, please contact the School Health Team. Phone: 5124 1585.

To register for access to your child's **My Digital Health Record**, scan this QR code or visit [dhr.act.gov.au](https://dhr.act.gov.au)



If your child would benefit from further assessment or referral to other services, information will be provided.

The hearing and vision results are only provided to your child's teacher if you give consent.

The GP or Medical Practice you nominate will also receive the results of the health check, if you give your consent.

### The questionnaire:

The questionnaire asks you about your child's physical health, food choices, how much they move through the day, their development, behaviour and emotional health, and enables the school nurse and your child's GP to understand any concerns you may have about your child's health, and to provide appropriate advice and referral. Included is a section on Adverse Childhood Experiences (ACEs). ACEs is a term used to describe stressful events or circumstances that children may experience throughout childhood.

All families at some time experience upsetting events such as grief, loss, parent separation or divorce and even violence. These experiences may impact children's behaviours, learning and interactions with friends. While ACEs can occur in children and young people, the physical and mental health effects may continue into adult life. Answering the ACEs questions will assist us in connecting your child to appropriate support services if needed.

For more information about ACEs, please visit Emerging Minds ACEs resources at [emergingminds.com.au/](http://emergingminds.com.au/). The results of the questionnaires will be posted to your nominated GP if you give your permission to do so. The GP will be able to discuss follow-up or further assessment, if needed.

You may complete the questionnaire some months before the health check is provided at school. If you have health or development concerns about your child, please see your GP and don't wait for the health check to be completed first.

If your child does not already attend a GP or Medical Practice with which you have an established relationship, we encourage you to find a practice that you feel comfortable with, and who can assist with the health care of your child.

Visit ACT Health's Find a Health Service: [findahealthservice.act.gov.au/](http://findahealthservice.act.gov.au/). Click on the **General Practitioner** link to search by suburb or region.

### Privacy Information:

The KHC collects personal and health information about your child that is essential to provide services to your child under the program. For information regarding privacy in relation to ACT Government websites and on-line facilities, including the Digital Health Record, please visit: [health.act.gov.au/privacy](http://health.act.gov.au/privacy)

### Use and release of personal and health information:

Identifiable information about your child received through the KHC will not be released without your consent except when there is a concern for the safety of a child. All CHS and ACT Health staff and GPs are mandated by legislation and obligated to notify concerns regarding the safety of children to the appropriate agency/agencies.

We are committed to improving health services and provide for the needs of the Canberra community. Information collected under the KHC program is necessary to provide services to your child under the KHC program. It is also used by ACT Health and CHS for research and statistical reasons, to monitor child health and wellbeing in the ACT, and to help in the planning of health services.

Identifying information about you and your child, are removed prior to analysis of collected data, and the information is stored in a secure ACT Health database. Researchers, usually in health and education, who are granted approval by the ACT Health Human Research Ethics Committee may apply for access to this data. You may be invited to participate in future childhood health research as approved by the ACT Health and the ACT Education Directorates.

If you do not wish your child's information to be used for research, but would still like your child's vision, hearing and growth checked, then please contact the **Kindergarten Health Check Research Nurse on 5124 4949** or email: [KindyHealthAUGP@act.gov.au](mailto:KindyHealthAUGP@act.gov.au)

If you have any concerns or complaints about the conduct of this research, and are not comfortable discussing this with research staff, you may contact the Research Ethics and Governance Office secretariat who is nominated to receive complaints about projects, on 5124 7968 or [ethics@act.gov.au](mailto:ethics@act.gov.au)

### School Health Team

Division of Women, Youth & Children  
Community Health Programs  
Canberra Health Services  
Phone: 5124 1585

Accessibility	
If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.	
	If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.
For further accessibility information, visit: <a href="http://www.health.act.gov.au/accessibility">www.health.act.gov.au/accessibility</a>	
<a href="http://www.health.act.gov.au">www.health.act.gov.au</a>   Phone: 132281   Publication No. 2023	
© Australian Capital Territory, Canberra January 2023	