

Consumer Handout | Canberra Health Services

Kindergarten Health Check 2026

Information for parents and guardians

Canberra Health Services (CHS) and Health and Community Services Directorate (HCSD) invite your child to take part in the 2026 Kindergarten Health Check program (KHC) in their first year of school. This program aims to support child health and wellbeing and to help identify potential learning barriers.

What is in the KHC?

- A health check by registered nurses at school.
- A questionnaire for parents/guardians (included).

Health Check Details

Nurses will visit your child's school in 2026. With your consent, they will conduct:

- **Vision check:** Using an eye chart and a light.
- **Hearing check:** Using headphones to test responses to sounds.
- **Height, Weight and BMI check:** measured without shoes or jacket (results are not shared with your child or others at the school).

If your child needs follow-up or needs to see other services, we'll provide information.

Hearing and vision results go to teachers only with your consent.

Your child's health check results are available to view as a letter on **MyDHR** for parents and guardians with proxy access, otherwise, you will receive them by mail.

Parents and legal guardians can obtain **MyDHR** proxy access on the **MyDHR** app:

- Log into their own **MyDHR** account
- Go to 'Menu'
- Scroll down and select 'Sharing'
- Select **MyDHR Proxy Access Form**

Questionnaire Details

The questionnaire covers your child's overall health, diet, activity, development, behaviour, and emotional health. It helps nurses and doctors address concerns you may have.

The Learn the Signs. Act Early questions are new this year. These are like the questions in the Blue Book and list the milestones that most 5-year-olds would have reached.

A summary of your concerns will be sent to your GP only with your consent. They can suggest follow-up, if needed.

Your child's school will be booked for the health check, and it may be some time after you answer the questionnaire. If you have concerns about your child's health or a school related issue, please don't wait for any action through the health check, but speak with your child's teacher or GP. If your child does not have a regular GP, we recommend finding a GP or practice that you trust.

To find a GP, visit the [HealthDirect Australia](#) website, go to 'Find a health service', select GP (General practice), enter your postcode, and click on search.

Privacy Information

The KHC collects necessary and important personal and health information. For privacy details visit <https://www.act.gov.au/privacy>

Information Use and Release

Your child's information is kept private. It won't be shared without your consent, except for safety concerns.

CHS and HCSD use KHC data to improve services and conduct research. Personal details are removed before analysis. Data is stored securely. Researchers can access data only with approval from the ACT Health Human Research Ethics Committee. You may be invited to participate in future studies.

If you don't want your child's data used for research but want the health checks done, contact the Kindergarten Health Check Research Nurse on 5124 4949 or email:

HCSDKindyHealthOGPPC@act.gov.au



For concerns about this research, please contact the Research Ethics and Governance Office at 5124 7968 or ethics@act.gov.au

Thank you.

Child and Adolescent Immunisation Team

Division of Women, Youth & Children

Community Health Programs

Canberra Health Services

Phone: 5124 1585



Acknowledgement of Country

Canberra Health Services acknowledges the Ngunnawal people as traditional custodians of the ACT and recognises any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and contribution to the life of this region.

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Accessibility call (02) 5124 0000



Interpreter call 131 450

canberrahealthservices.act.gov.au/accessibility

