

Getting Ready for Kindergarten

Getting Ready for School: A Guide

As you and your child prepare for the start of school, please note the following information and required forms included in this packet that are to be returned to your child's school.

DURING REGISTRATION PLEASE COMPLETE AT THE SCHOOL:



→ **Certificate of Dental Screening**

Iowa law requires that all kindergarten students receive a dental screening sometime after the age of three before starting school. Please have your child's dentist or other health care provider fill out the dental certificate and return it to your student's school. Only this form will be accepted.

→ **Certificate of Immunization**

Your child's immunizations need to be up to date prior to starting school. Please bring a copy of your child's current immunization record to school BEFORE the first day. If the record is not in English, it will need to be translated before returning it to your child's school.

→ **Certificate of Vision Screening**

Iowa law requires that all kindergarten students receive a vision screening by December of that year. Please have your child's eye doctor or other health care provider fill out the vision screening certificate and return it to your child's school.

→ **Kindergarten Student Health History**

Please complete the Student Health History form. If your child has a special health concern that the school should be aware of prior to the start of the school year, please contact the main office of your school. Included in this packet is a form for your health care provider to complete. A physical exam by your child's health care provider is NOT required, but is recommended prior to starting kindergarten. If your child does not have health insurance, our school-based Healthy Kids Clinic provides free medical services to uninsured or under-insured students.

→ **Student Residency Questionnaire**

All families enrolling students in the district are asked to complete this short questionnaire about their housing status. Please fill out this form to determine if you may be eligible for additional support for your family.

→ **Kindergarten Questionnaire**

Please answer the questions to help provide information about your child to their kindergarten teacher.



**IOWA CITY
COMMUNITY
SCHOOL DISTRICT**
Child-Centered : Future-Focused

Optional Forms and Information

→ **Application for Pupil Transportation**

Students who live over two miles from their Elementary & Jr High School (over three miles for High School students) may apply for bus transportation by completing this form. Turn in the form to your child's school.

→ **Half-Day Kindergarten Preference Form–**

Fill out this form if you prefer your child attends a half-day kindergarten program in his/her neighborhood school. Please return to your building principal's office.

→ **Medication Administration Permission Form**

Please read and fill out the Parental Permission for Administering Medication at School form IF your child will need to be given any type of medication during the school day. These forms are available in the school office and on the district website, under Students and Families/Health Forms

To Help Your Child Start Each Day Right

- Be sure your child is well rested; ten to twelve hours of sleep is recommended for children going into kindergarten or first grade.
- Be sure your child is well nourished; meals should be well-balanced and unhurried. Insist on wholesome and nutritious food. Avoid junk food.
- Be sure your child is properly dressed for the weather; be sure your child is dressed appropriately for cold and wet weather. All children go outside for recess unless the temperature or wind-chill is below zero (0) degrees (Fahrenheit).

Healthy Kids School-Based Health Clinic

Provides free medical care, including pre-participation sports physicals, immunizations, and sick care to children without health insurance. Please call the clinic coordinator at 319-631-3204 to schedule an appointment.

Visit www.iowacityschools.org/services-supports/school-based-health-clinics

Johnson County Public Health provides immunizations to children without health insurance or with Medicaid. Call the Health Department at 319-356-6045 to schedule an appointment.

In Case of Sickness

Be sure your child's school has an emergency number where you can be contacted in case your child gets sick or is injured at school. The school must be able to reach you in case of an emergency. Contact the school office when your child will be absent. Your child will only be excused from outside recess and physical education after an illness or injury with a note from your child's healthcare provider. Keep your child home from school if he/she is vomiting and/or has diarrhea, and for 24 hours after the vomiting and/or diarrhea have stopped.

Questions? Please contact Jessica Jimmerson, Health Services Specialist, at 319-688-1000 or jimmerson.jessica@iowacityschools.org