

A message from your School Nurse regarding Immunizations

Dear Parents and Legal Guardians,

If you are a parent that received a package from Alberta Health Services, your child's records have been reviewed as part of the Alberta Health School Immunization Program. Please review the information, fill out the consent forms and return to the school as soon as possible. If you received a Request for Vaccination Records, please fill out the form and attach a copy of your vaccination records (please no original records). You can also email the vaccination records to

vaccination.services@albertahealthservices.ca. We are following Alberta Immunization Schedule, if you would like more information on the immunizations that your child has been offered, please go to our website [When to Immunize | AHS Immunization \(immunizealberta.ca\)](https://www.albertahealthservices.ca/when-to-immunize). If you have questions about the immunizations or require interpretative services, please call our clinic at 403-944-7000 and ask to speak to a school nurse.

Our team is continuing to assess off target grades and students who have transferred from other schools so your child might be bringing home vaccine information and consents within the next few weeks. Please return them to the school as soon as possible so we can do our best to immunize them in a timely manner.

Immunization can be worrisome for some individuals; this is a common feeling. We are committed to help prepare your child with the best tools to make the experience more comfortable. We will be using a distraction technique sheet from the Commitment to Comfort website to help give your child the tools they need to overcome the worry they may have for immunizations. The sheet is attached in this email for you to see. Feel free to review this sheet with your child and discuss what strategies might work for them. For more information on Alberta Health Services Commitment to comfort please follow this link

<https://www.albertahealthservices.ca/ctc/Page17560.aspx> . Other ways to help your child on immunization day are:

- Eat breakfast
- Pack snacks and a water bottle
- Have your child wear a short sleeve shirt as we are vaccinating in the arm
- Use positive language to encourage your child they can do it and the nursing team will help them get through the experience!!

If you have any questions, please contact the school nurse (Sarah @ 403-944-7019 or Patience @ 403-944-7015).

Best Regards

Sarah Stephens MN RN