SCHOOL LETTERHEAD as appropriate

Date:\_\_\_\_\_\_

Dear Parents and Legal Guardians,

This is a notice that (insert name of HA/HU) will be returning to (insert school name here) on (insert date(s) here) to immunize grade 6 students. Your child’s eligibility for immunization will be determined by your decision on the consent form that was given to Public Health in the fall. If you have any questions, contact our Public Health Nurse (contact information at the end of this message).

Immunizing your child at school is convenient. Some students can be nervous about getting a needle. We plan to make the immunization experience more comfortable using The CARD System (C-Comfort, A-Ask, R-Relax, D-Distract). This method teaches students about immunization and coping skills that they can use during the procedure. For additional information, video links about CARD are included below. You can help your child by reviewing the information with them.

Ways you can help your child on immunization day are:

* pack a snack, if possible
* have your child wear a short-sleeved shirt or something easy to roll-up to the shoulder
* remind your child to *play their CARDs*! This can include bringing a personal item from home to use as a distraction during immunization (such as an ipad, book, or toy).
* if you have any special requests, contact the Public Health Nurse.

We are working together to make the school immunization program a positive experience for everyone. We value your support and assistance in making this day successful.

* Students video 1 – general information about immunizations: <https://youtu.be/z57vTpb19wQ>
	+ Students viewed this video at school in the fall. It includes information about how vaccines work and what to expect during school immunizations.
* Students video 2 – play your power CARDs during immunization: <https://youtu.be/c41HvgEKQSk>
	+ Students viewed this video at school in the fall. It includes information about coping strategies to manage stress and anxiety related to immunizations.
* Adults video 1 – overview of The CARD System: <https://youtu.be/FXj6ELi4BVg>
	+ This video was viewed by adults involved in the immunization program and is an overview of the CARD system.

Public Health Nurse: (insert name and contact info).

Thank you.

(insert Principal name)