



WEST CONTRA COSTA UNIFIED SCHOOL DISTRICT

KINDERGARTEN REGISTRATION

2023-2024

Dear Parent or Guardian:

To make sure your child is ready for school California law, *Education Code* Section 49452.8, now requires that your child have an oral health assessment (dental check-up) by May 31st in either kindergarten or first grade, whichever is his or her first year in public school. Assessments that have happened within the 12 months before your child enters school also meet this requirement. The law specifies that the assessment must be done by a licensed dentist or other licensed or registered dental health professional.

Take the attached Oral Health Assessment/Waiver Request form to the dental office, as it will be needed for your child's check-up. If you cannot take your child for this required assessment, please indicate the reason for this in Section 3 of the form. You can get more copies of the necessary form at your child's school or online from the California Department of Education's website at <http://www.cde.ca.gov/ls/he/hn/>.

The following resources will help you find a dentist and complete this requirement for your child:

1. Medi-Cal/Denti-Cal's toll-free number or website can help you to find a dentist who takes Denti-Cal: 1-800-322-6484, <http://www.denti-cal.ca.gov>
2. Program to help you locate a dentist:
Contra Costa County Children's Oral Health Program
(925) 313-6280 www.cchealth.org/services/dental
3. You can contact additional services for dental clinics in Contra Costa County:

West County Health Center

13601 San Pablo Ave.

San Pablo, CA 94806

(510) 231-9400 or

1-800-495-885 (appointments)

1-877-905-4545 (information)

La Clínica de la Raza – Monument

LifeLong Community Health Center

2023 Vale Road, Ste. 107

San Pablo, CA 94806

(510) 231-9814 ext. 314

200 Sierra Road
Concord, CA 94518
(925) 363-1256

Remember, your child is not healthy and ready for school if he or she has poor dental health! Here is important advice to help you child stay healthy:

- Take your child to the dentist twice a year.
- Choose healthy foods for the entire family. Fresh foods are usually the healthiest foods.
- Brush teeth at lease twice a day with toothpaste that contains fluoride.
- Limit candy and sweet drinks, such as punch or soda. Sweet drinks and candy contain a lot of sugar, which causes cavities and replaces important nutrients in your child's diet. Sweet drinks and candy also contribute to weight problems, which may lead to other diseases, such as diabetes. The less candy and sweet drinks, the better!

Baby teeth are very important. They are not just teeth that will fall out. Children need their teeth to eat properly, talk, smile, and feel good about themselves. Children with cavities may have difficulty eating, stop smiling, and have problems paying attention and learning at school. Tooth decay is an infection that does not heal and can be painful if left without treatment. If cavities are not treated, children can become sick enough to require emergency room treatment, and their adult teeth may be permanently damaged.

Many things influence a child's progress and success in school, including health. Children must be healthy to learn, and children with cavities are not healthy. Cavities are preventable, but they affect more children than any other chronic disease.

If you have questions about the oral health assessment requirement, please contact the district's school nurses at (510) 307-4646.

Sincerely,

Office of the Superintendent