

FEBRUARY NEWSLETTER

CASLAN SCHOOL



special days

Feb 3 - movie and popcorn sale
Feb 10 - Tropical Day Family Groups - dress up tropical
Feb 14 - Valentines Day - dress in red and pink
Feb 22 - Pink Shirt Day

reminders

There is no school for students Feb 15 - 21 for Teachers Convention and Family Day. Enjoy your time with your families.

stay informed

You may get messages from us by text or email. If you miss something, we will also post upcoming events on our facebook page and website.
www.caslanschool.ca

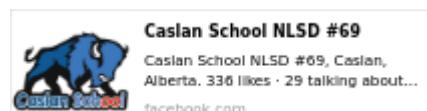
contact us



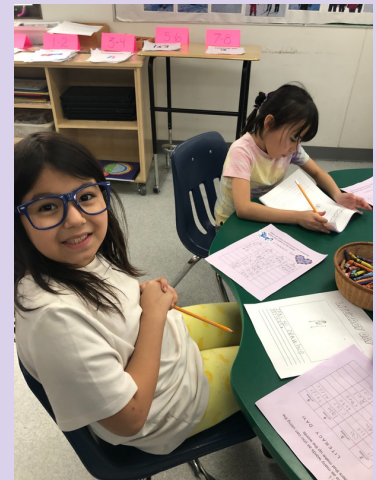
caslan@nlsd.ab.ca



780 689-2118



Pictures of the Kids



FEBRUARY



SUN	MON	TUE	WED	THU	FRI	SAT	NOTES
			1	2	3 MOVIE AND POPCORN SALE	4	REMEMBER TO WEAR RED AND PINK ON VALENTINES DAY
5	6	7	8	9	10 FAMILY GROUPS TROPICAL DAY	11	
12	13	14  VALENTINES DAY	15 NO SCHOOL	16 NO SCHOOL	17 NO SCHOOL	18	
19	20 NO SCHOOL	21	22 PINK SHIRT DAY PARENT COUNCIL MEETING 1:00	23	24	25	 PINK SHIRT DAY - FEB 22 2023
26 	27	28					

Has your child had their annual eye exam? It's important to do before they start school!

Eye See...Eye Learn™

is a program that provides kindergarten-aged students with a comprehensive eye exam from an optometrist. There is Alberta Health coverage towards your child's eye exams up to age 19. **If required, kindergarten-aged students also receive a free pair of eyeglasses.**



How kindergarten-aged students participate*

Step 1 Parents can find a participating optometrist at optometrists.ab.ca. Click on Find an Optometrist and **Eye See...Eye Learn™**, then enter your postal code to find a doctor close to you. **Call and book an appointment.**

Step 2 See your optometrist for the eye exam. Have your health card ready. There is **Alberta Health coverage towards your child's eye exams up to age 19.**

Step 3 If required, kindergarten-aged students will **receive a free pair of eyeglasses.** Ask to see the frame selection available. The optometrist will order your glasses for you.

***Free glasses are covered by a one year manufacturer's warranty.**

Who can participate?

Eye See...Eye Learn™ is available to all **kindergarten-aged students** in Alberta. It's important to address eye health and vision problems before children begin school.

Children are eligible from August until they begin grade one.



Eye exam coverage

There is Alberta Health coverage towards your child's eye exams up to age 19. It's a painless, non-invasive process that could change their lives!



Did you know?

- 80% of learning is visual.
- 1 in 4 school-aged children has a vision problem.
- An eye exam detects health problems such as crossed eyes or lazy eye.
- Children with vision problems are often misdiagnosed as having learning or behavioural disabilities.
- The earlier an eye health or visual problem is identified, the more likely it can be corrected.
- Children often don't know they have a vision problem, as they believe what they are seeing is normal.
- It is not uncommon for parents to believe they would know if their child has a vision problem, because these issues can be hard to spot particularly if there is a problem in only one of the eyes.

What is an optometrist?

Your optometrist (doctor of optometry) is a primary source for all your vision, eye health and eyewear needs. They have the knowledge, tools and equipment necessary to diagnose, treat, prescribe medications or refer to a specialist, if needed.

How well can your child see?



You can't see the world through your child's eyes, but your optometrist can. During your child's eye exam, your optometrist will assess:

- Visual acuity (how well they can see)
- Lazy eye, crossed eyes
- Nearsightedness, farsightedness, astigmatism
- Colour vision
- Eye coordination, tracking and depth perception
- Eye health

Please check with your optometrist regarding their clinic's safety protocols and the current Alberta Health guidelines.

For more information about
Eye See...Eye Learn™

contact the Alberta Association of Optometrists
at 1-800-272-8843 or visit
optometrists.ab.ca/esel



**Alberta
Association
of Optometrists**



Eyewear Partners:



The Alberta Association
of Optometrists gratefully
acknowledges funding
support from the
Government of Alberta.

