Suggested Newsletter Inserts for Elementary Schools

Healthy Eating – Oral Health

**Dental Screening Program**

The Oral Health team will be at our school on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to conduct dental screenings. A dental screening is a quick look in the mouth using a separate sterilized mouth mirror for each child. Don’t forget to look for the information letter from the health unit prior to their visit.

**Pack a Lunch that Makes Them Smile!**

Helping your child pack lunch? Help them choose healthy foods that also protect their teeth. Choose a variety of foods from Canada’s Food Guide and try to limit ones with added sugar or that stick to their teeth. You can also send water or white milk instead of sugary drinks like juice, pop, or sports drinks to help prevent cavities.

Have concerns about your child’s teeth? The Simcoe Muskoka District Health Unit offers some free dental services for children and teens. Contact *Health Connection* at 705-721-7520 or 1-877-721-7520 or visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).

**Brush as a Team Until Age 8**

Baby teeth are important, and kids under age 8 still need help from an adult to brush. Help your child to brush their teeth twice a day for two minutes using a pea sized amount of fluoridated toothpaste. Before school and before bed are two great times to get into the habit of brushing. Cavities can be painful and can lead to infection so be sure to get any toothaches checked by a dental professional.

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**Did Your Child Participate in School Dental Screening?**

Dental Hygienists from the Simcoe Muskoka District Health Unit visited our school to offer dental screening. If your child was screened, they may have been given a letter offering free dental services (such as sealants or fluoride application) to those who qualify. To have your child receive these services, you will need to complete the form and return it to the health unit by mail or by fax. You can also talk to one of the health unit’s dental health staff by calling 705-721-7520 or 1-877-721-7520, ext. 8804.