

Principal:

School:

February's Healthy Habits Campaign Message is:

Control decay! Brush your teeth every day!

Oral health is one important component of lifelong health. Specific skills for brushing and flossing, as well as information about the importance of dental health, are important aspects of comprehensive health education for elementary students.

Turn this page over to find ideas for including messages about good oral health in your daily announcements.

The key points to focus on this month are:

- Your teeth help you out a lot! Just think, your teeth help you eat, smile, laugh, and talk, all things that are necessary and fun!
- Your teeth have a lifetime of work to do for you! Once your adult teeth come in, you're going to have them for the rest of your life. Taking care of your teeth everyday will help keep them healthy and help keep you smiling now and in the future.
- Dental health doesn't stop at brushing! Brushing and flossing every day is very important, but your teeth also like it when you don't eat a whole lot of sweets and when you do eat foods with lots of calcium.

For more information about oral health and ideas for schools on how to incorporate more dental health messages, see the American Dental Association website at www.ada.org.

Thank you for your help promoting the health of Chatham County's students!

Morning/Afternoon Announcements Ideas

Use these announcements throughout the month to call attention to February's healthy habit. Use the messages below or ask your students to write some for you!

- This month our Healthy Habits Campaign message is: *Control decay! Brush your teeth every day.* We'll be learning about all the different ways we can keep our teeth healthy.
- Once your adult teeth come in, those are the only teeth you have for the rest of your life. If you have your adult teeth for 60 years, and you eat three meals a day, that adds up to 65,700 meals that your teeth have to chew — and that's if you don't eat snacks between meals! It's important to keep your teeth healthy so you can keep chewing happily, without pain, now and in the future.
- Our teeth don't only help us eat, they help us talk and smile, too. Keeping our teeth healthy means we can keep doing the things we like to do, like talking and smiling with friends and family.
- Calcium is something found in dairy foods like milk, cheese and yogurt that helps make your teeth and bones strong. It's important to eat low fat dairy foods every day for strong teeth and bones.
- When you drink soda or eat candy, all the sugar from those foods creates acids that attack the outside of the teeth. All of those attacks can lead to decay, which is when the acids actually start to eat away at the teeth and cause cavities. Brushing away the sugar and acids and not eating too much sugar in the first place are two great ways to keep the teeth healthy.
- Fresh crunchy fruits and vegetables are a tooth's favorite snack. Not only are they low in sugar which can cause decay, chewing on these crunchy fresh snacks actually helps the gums stay healthy. So crunch into an apple or a carrot today!
- You know that it's important to brush and floss your teeth, but do you know that it's also good to brush your tongue? Brushing your tongue helps to keep your breath tasting and smelling fresh!