



Dear Families,

February is National Children's Dental Health Month. Our theme for this last week of February is *Dental Health*. There will be a variety of activities used to teach your child about sprucing up their pearly whites.

Here's 1 activity you might try at home. Have your child stand in front of a mirror and touch and name his lips, mouth, tongue, teeth, and gums. Now give a great big smile-and show off his pearly white teeth!

In school, we'll talk about what we use our teeth for, and why it is important to take care of them, even our baby teeth.

We will learn 3 main things to do for healthy teeth:

1. Clean teeth with a toothbrush, toothpaste and floss
2. Eat healthy food- not too much sugar
3. Visit the dentist

We'll learn what a dentist is and about the instruments he uses. We'll share experiences of going to the dentist too. A dentist is planning to visit us, but he can't make it until March. I'll let you know.

One activity that all 3 classes will do is to make a large toothbrush. In previous years, the children have enjoyed this and hopefully they will this year too.

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We are running out of our paper towel supply. I need to ask P2 to please bring 1 or 2 rolls of paper towels to replenish our supply. Thank you!

Many of you in P2 and P3 have let the office or me know about your child's plans for the next school year. Thank you! If you haven't yet, please do so. (An email or a note was sent home early last week regarding this.)

Blessings to you as we "Change Our Hearts"!

Mrs. Owens

