

Date:

Dear Parents,

This week/month our class is starting an Oral Health unit to learn about the importance of maintaining positive oral health practices and how to keep strong teeth as a part of overall health hygiene. This unit is based on the New Brunswick Dental Society's Oral Health curriculum, which can be found on their website under "Teachers' Toolbox" at [www.nbdental.com](http://www.nbdental.com).

Dental health affects not only our mouths but can impact our overall health and well-being so it is extremely important that we teach our children at a young age how to care for their teeth and gums.

The 2009 Canadian Health Measures Survey revealed the following:

- 2.26 million school-days are lost annually due to dental visits or dental sick-days
- 57% of 6-11 year olds have or have had a cavity
- 59% of 12-19 year olds have or had a cavity
- The average number of teeth affected by decay in children ages 6-19 year olds is 2.5

Tooth decay (five (5) times more common than asthma!) can impact a child's ability to focus, learn or even attend class. The good news is it is entirely preventable.

The New Brunswick Department of Education establishes Health Curriculum outcomes for each grade level, and the goal of this unit is to educate your student about oral health.

Topics that we will be covering include: daily oral hygiene practices, proper brushing and flossing techniques to prevent tooth decay, what to expect at the dentist, the impact of diet and other choices on oral health, and the consequences of improper oral hygiene.

In class, your child will participate in learning activities about oral health, and there will be some homework assignments. Enclosed, you will find a "Smile Care Calendar." Please have your student fill this out daily and return on \_\_\_\_\_. The NB Dental Society is pleased to be able to work with the Province to improve the oral health of New Brunswick families through programs like "Healthy Smiles, Clear Vision". This program (see enclosed card) will have a positive impact on the cost of our provincial health care system, creating healthier, happier New Brunswickers. If this is not useful to your family, feel free to pass the information along to family who might find it useful.

To explore general information about your child's oral health and to complement and reinforce what your child is learning, please read over the "Protecting a Smile" information sheet included. Also, visit the NB Dental Society's website at [www.nbdental.com](http://www.nbdental.com) and see "Your Child's Teeth" for additional information. Please sign this form acknowledging that you have read this letter about our Dental Days unit and return to your student tomorrow.

Thank You,

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