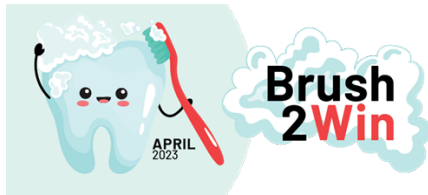


HEALTH PROMOTING SCHOOLS NEWSLETTER

Content for Parent Newsletters

April 2023

DENTAL HEALTH



Springtime smiles: April is oral health month

April is oral health month in Canada and a perfect time to help children set new goals to help their smile shine. The theme of the month this year is “Oral Health for Total Health,” which is an important reminder that taking good care of our mouth, teeth, and gums benefits our overall physical and mental well-being.

The British Columbia Dental Association, [Brush2Win](#) contest, runs **April 1-30, 2023**, and is open to all BC elementary schools with children in Kindergarten through Grade 3. Schools registering during the contest period will be entered into a draw for **one of five \$1,000 prizes!**

The month-long contest promotes good dental health habits and challenges children to brush (and floss!) twice daily for a full month. Brushing twice a day is a simple step to help keep teeth clean and healthy and avoid cavities. Download and print a Brush2Win poster (PDF) for your classroom! ([English](#), [French](#))

The Canadian Dental Hygienists Association’s website, [Dental Hygiene Canada](#), also has several school-aged resources to create healthy lesson plans. You can also find educational [activity sheets](#) and [feature resources](#) that focus on sugar, diabetes, vaping, tooth brushing, and more.

Make sure to check out [Interior Health's Dental Toolkit](#) for additional resources.

Happy Oral Health Month!



