











## AUGUST IS ORAL HEALTH MONTH!

Today Mrs Sakoutis and her colleagues Mary and Dr. Rabbit came to talk to Year 1 about oral health.

We began by watching an action movie starring the tooth defenders. Plaqueulous was trying to dirty up the sparkly and shiny land of tooth city with sugary treats, but the tooth defenders and their artillery of toothbrushes, floss and mouth wash kept those pearly whites nice and clean.

We learnt about the importance of daily oral hygiene routines for our teeth and overall health, like brushing our teeth twice a day, flossing regularly (with parent help if you are under 8) and drinking water after eating. Good oral hygiene habits produce good, healthy teeth.

We learnt that our toothbrush has an indicator on them to tell us how much toothpaste to put on our brush. The middle part of the brush that is a different colour is the recommended amount of toothpaste needed when brushing.

We also learnt that it is important to regularly visit a dentist for good oral health and happy, clean teeth.

**Miss Ashleigh Hackfath**

Year 1 Team Leader

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