

Fairfax County School Health Promotion February Morning Announcements

February Energy Train: Dental Hygiene Month!



Announcements (Elementary)

One-student dialogue:

Did you know that taking care of your teeth is a very important step in staying healthy? If you don't take care of your teeth you can get cavities, which are holes in your teeth, and unhealthy gums. Cavities and unhealthy gums can cause a lot of mouth pain...Owww! Eating will be hard and if it is not taken care of, your body can become sick. Don't forget your teeth also help you talk so it's very important that you take good care of your mouth.

Make sure you take care of your teeth by:

- Brushing your teeth twice a day, and don't forget to gently brush your tongue, too
- Flossing at least once a day
- Visiting your dentist twice a year
- Limiting sugary snacks and drinks
- Eating healthy food

{End}

Two-student dialogue:

Student 1-OUCH!!!

Student 2-What??

Student 1-I just bit my lip!

Student 2-Why would you do that?

Student 1-I had to go to the dentist to get 2 fillings for my cavities. My mouth is all numb.

Student 2- You had cavities? Hey, wait, what are cavities?

Student 1-Cavities are tiny holes in a tooth that can be caused from not brushing and flossing.



Student 2-HOLES?

Student 1-Yes, holes and they can hurt! You can get cavities if you don't brush and floss every day.

Student 2- Oh, I didn't know that.

Student 1- Yeah, the dentist told me we need to brush for 2 minutes at least twice a day, in the morning after you eat breakfast and at night before you go to bed.

Student 2- Oh, I don't do that, I only brush once a day and I never floss.

Student 1- Yeah, you should floss at least once a day to get all the junk out from in between your teeth. My mom said your toothbrush can't reach those areas.

Student 2- Guess I should take better care of my mouth.

Student 1- Yeah, my dentist told me that if I don't keep my mouth healthy, I could get sick.

Student 2- What kind of sick?

Student 1-He said that the bacteria in my mouth that caused the holes in my teeth could go into my body and make me sick.

Student 2- Oh, wow. I guess I should take teeth brushing and flossing more seriously so I can stay healthy.

Student 1- Yeah, me too!! I don't want to have cavities again.

{End}

