

From the Memorial  
School Nurse

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### Quick tips

#### Snacking and Tooth Decay

Frequent snacking can be our teeth's biggest enemy! Most snacks that you eat contain either sugar or starches that help plaque to create acid that attacks tooth enamel, making it weak. That's when cavities can start! By reducing the number of times you snack each day, you can help prevent tooth decay. If you have to snack, choose something nutritious and snack in moderation.

\*Dental health information in this newsletter was courtesy of Colgate Bright Smiles Bright Future website at: [www.colgatebsbf.com](http://www.colgatebsbf.com). Check it out! It's a great resource!

### Nursing Corner

\* If your child has been tested for COVID for any reason, please notify the nurse. Students cannot return to school if a COVID test is pending due to illness symptoms and I will need a copy of the results to return. Results can be sent via email to:

[kmaguire@email.medfield.net](mailto:kmaguire@email.medfield.net)

\* Check out my website for the nurses latest COVID update with many helpful resources and links including testing sites and new quarantine guidelines for close contacts as of 12/2020

#### Website Announcements

\* Now that we are back in school full days, feel free to still upload any pictures of lost teeth at home to the

#### Virtual Memorial Tooth Chart

### School Nurse Website

#### Health info and forms

From the Memorial School Website

>>Staff (bottom left corner of front page)

>>>Look for my name in the list

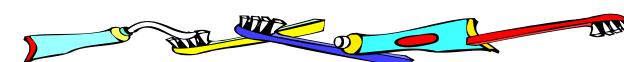
# Health Office Hints



## Happy Valentine's Day



February was National Children's Dental Health Month



### Oral Health is All About Prevention



People used to think that as you get older you naturally lost your teeth. We now know that's not true. By following easy steps for keeping your teeth and gums healthy plus seeing your dentist regularly, you can have your teeth for a lifetime!

#### Plaque: What is it and how to get rid of it

Plaque is made up of invisible masses of harmful germs that live in the mouth and stick to the teeth.

- Some types of plaque cause tooth decay

- Other types of plaque cause gum disease.

Dental plaque is difficult to see unless it's stained. You can stain plaque with products you can buy at the store or put green food coloring on teeth with a Q-tip. Rinse and the color left will show you where there is still plaque and where you have to brush again to remove it.

Food residues, especially sweets provide nutrients for the germs that cause tooth decay, as well as those that cause gum disease. That is why it is important to remove all food residues and plaque from teeth at least once a day and twice a day is better.

#### 2 Steps to Less Plaque

##### Step One: Floss

Use floss to remove germs and food particles between teeth. Floss between upper and lower teeth. Rinse.

- Ease the floss into place gently. Do not snap it into place-this could cause harm to your gums

##### Step Two: Brush Teeth

Use any tooth brushing method that is comfortable, but do not scrub hard back and forth. Small circular motions and short back and forth motions work best. Rinse.

\* To prevent decay, it's what's on the brush that counts. Use fluoride toothpaste. Fluoride is what protects teeth from decay. ( Look for the American Dental Association Seal of Acceptance on the toothpaste label)

### Tooth and Mouth Safety

- Children only get one set of permanent teeth, and must care for them throughout their lives.
- Even though a tooth has grown in, the roots are still developing up to age 10. Injury to teeth between the ages of 6-9 can halt this root growth of a tooth and may lead to loss or discoloration of the permanent tooth.

#### Protect your Teeth

- Wear safety gear for playing sports and training— like helmets and mouth guards.
- Be aware of others around you—don't swing bats, kick balls, etc. when others are unaware or within reach.
- Don't use your teeth as tools—like for opening beverage bottles or holding things.
- Don't push others at the water fountain or on playground equipment.

### Look Who Lost A Tooth in School This Month!



Abby T  
Ryan M x 2  
Vincent B  
Zachary S

