Healthy Teeth

This week the focus has been on Healthy Teeth. The conversation has been reignited from the happy and sad tooth posters on our fridge but really taken a leap forward in the concept understanding from when it was introduced in first term. The amazing conversations the children have been having at lunch have extended well and truly into their play and continue to embed themselves at fruit break and snack time.

The children’s lunch boxes have significantly improved over the last few weeks and the children have been excitedly checking what healthy food they have in their lunch box that will help combat the sugar bugs that stick to their teeth. Crunching on foods like apples, are a great way to remove unwanted foods that get stuck in the teeth!

We have had a few talking circles around this topic and the children have taken very different approaches to having their moment to talk. Some children have decided to teach the class how to brush their teeth given very explicit examples on where to brush and what size circles they use. Others decided to teach the class on what times to brush “In the morning and at night before bed”. Lots of children had first visit to the dentist stories. The dentist “checked their teeth”, “counted their teeth”, “shined a bright light”, “poked their teeth”, “gave them tooth paste and a brush as a present”.

We read a few books to help inform the children about the dentist and his job. We also learnt how to care for our teeth when we don’t have a tooth brush and tooth paste available. “Swish and Swallow” - swish some water around in your mouth to remove the sugar bugs (food stuck in your teeth) and swallow the water.

It would be wonderful if you could continue this practice and topic of conversation at home with your children.

To Do

- Get costumes organised for book day on 22nd August. It is Book Week next week and we will be joining Alma celebrations on Thursday.
- Could you please place your home reader folder in the home reader box. Gemma is collecting them back for book registration.
- We are looking for more donations of sunscreen and handsoaps.
- I would like to say a big thank you to Toni for the wonderful donations of books and toys she has recently given Bugdile.

Wish List

- An old kitchen sink (not rusted)
- Cane baskets
- Old sunglasses for sunsafe dramatic play

Just a reminder that we are a NUT FREE ZONE

Bugdile T-shirts $15 a shirt or 3 for $40
The colder weather has set in, so also check out our Jumpers $20 each