




# SCHOOL HEALTH NEWSLETTER



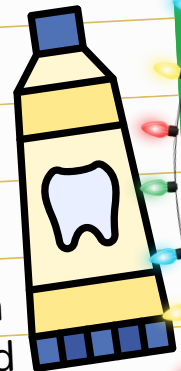
DECEMBER EDITION

HEALTH FOCUS!

## Growth & Development



- Proper personal hygiene and consuming healthy foods are essential for growth and development. Some helpful tips for **proper personal hygiene** include:
  - Washing your hands
  - Trimming your nails regularly, keeping them short and clean to avoid built-up dirt or germs.
  - Brushing your teeth and flossing twice a day with fluoride-based toothpaste.



- Below are the **proper steps in brushing your teeth**, published by Harvard Medical School:
  - **Step 1**- Understand the importance of proper brushing technique.
  - **Step 2**- Choose a comfortable toothbrush for you and your gums.
  - **Step 3**- Brush with a fluoride toothpaste for at least 2 minutes. Angle your brush at a 45 degree angle. Be gentle with your gums!
  - **Step 4**- Rinse your mouth and brush after use.

