**Communities United, Inc.**

**Lexington Creative Start**

** 2023**

**Curriculum Corner**

This month each classroom will be learning about how important our oral health is in staying

healthy. We will also be studying the many professions that keep our communities safe

and thriving such as police men and women, teachers, firefighters, trash collectors and more!

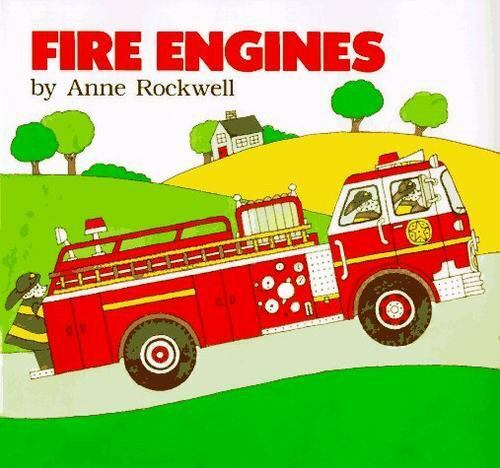
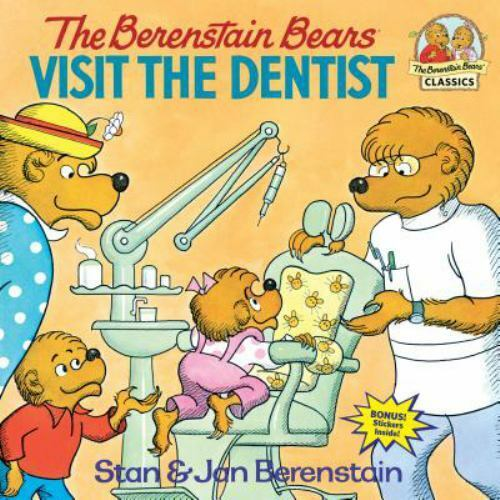
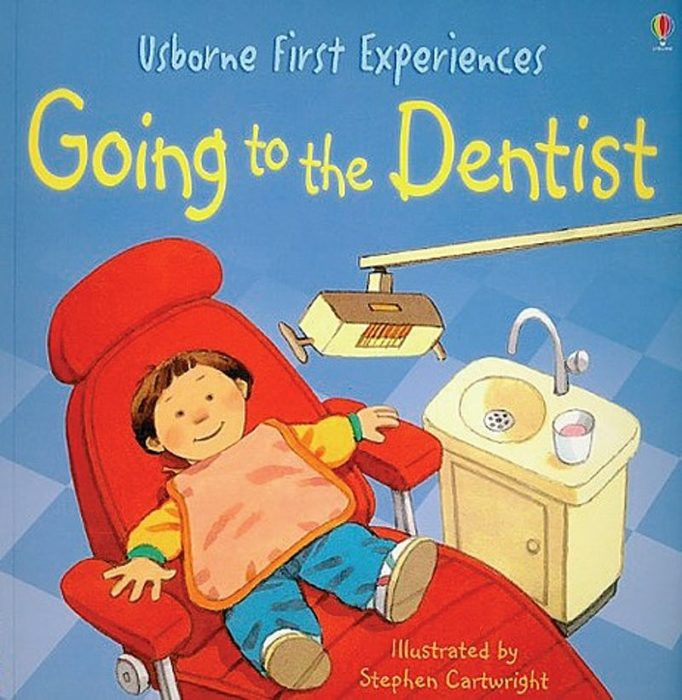
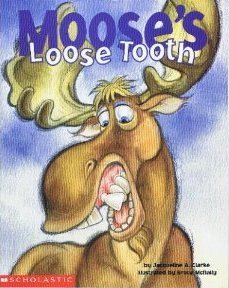
**For the month of February each classroom will be reading the following books:**

**Classroom 1– The Berenstain Bears Visit The Dentist by Stan and Jan Berenstain.**

**Classrooms 2/3- Fire Engines by Anne Rockwell &**

**Moose's Loose Tooth by Jaqueline A. Clark**

**Here’s a look at the books we will be reading this month…**

**   **

**Upcoming Dates:**

February 9- 3-4p Open House for new parent

February 13- 3-4p Open House for new parents

February 13 10-11a Parent Meeting

February 14- Advocacy Day for Early Childhood Education at the State House

February 16 Open Air Market – 12:30 and 2:00 PM

February 20- AGENCY CLOSED- Presidents Day

**February 21-24th Winter Break – No School**

February 28- 3:30- 6:30p Open House for New Parents

Family Event - TBD

** This month is all about ORAL HEALTH!**

**As adults, we know how important practicing good oral hygiene is for our overall health, However, our**

**children do not even think about this. Parents are encouraged to model for children what taking**

**care of our teeth looks like on a daily basis. The best place to begin is by having them watch you**

**as you brush your teeth and if they are old enough, assisting them in brushing their own teeth**

**at the same time. Developing this healthy habit from an early age, increases their overall wellness too.**

**Below are some facts from the CDC that are helpful to know as we begin this journey of good oral health.**

**“Cavities (also known as caries or tooth decay) are one of the most common chronic diseases of childhood**

**in the United States. Untreated cavities can cause pain and infections that may lead to problems**

**with eating, speaking, playing, and learning. Children who have poor oral health often**

[**miss more school and receive lower grades than children who don’t.**](https://www.cdc.gov/mmwr/volumes/65/wr/mm6541e1.htm?s_cid=mm6541e1_w)

* **More than half of children aged 6 to 8 have had a cavity in at least one of their baby (primary) teeth.**
* **More than half of adolescents aged 12 to 19 have had a cavity in at least one of their permanent teeth.**
* **Children aged 5 to 19 years from low-income families are twice as likely (25%) to have cavities,**

**compared with children from higher-income households (11%).**

* **The good news is that cavities are preventable. Fluoride varnish can prevent about one-third (33%)**

**of cavities in the primary (baby) teeth.**

* **Children living in communities with fluoride in their tap water have few cavities than children**

**whose water is not fluoridated.**

* **Similarly, children who brush daily with fluoride toothpaste will have fewer cavities.” - CDC**

**REMINDERS:**

**Classroom 1 (Duration) will be having classes on Mondays this month.**

* Please have your own mask available for use during daily drop off/pick up.

● Please bring in weather appropriate clothing (jackets, hats, gloves, boots). We go outside everyday,

weather permitting.

* Especially important, please bring in SNOWPANTS to keep your child warm outside. Children love to play in the snow.

● Please make sure ALL of your child’s belongings are labeled including water bottles, backpacks, etc.

● Please have extra clothes in your child's backpack in case of an accident.

● If your child is in a diaper, please make sure (s)he has their own diapers.

● **Please call the center by 9:00 AM if your child is going to be absent.**

