

# IHS dental activities keep community children smiling



placement of sealants education was provided for WSE teachers and students on the importance and placement of sealants. Dental sealants are a plastic like barrier which protect the chewing surfaces of the back teeth from cavities. Children 6yrs old should be screened for this easy and excellent protection for their teeth. There is no reason for a child in Warm Springs NOT to have sealants.

Initiating the Warm Springs Elementary School brushing Program was a new experience for the Warm Springs Dental Clinic. Erica, the dental hygienist, presented the brushing program idea at a WSE school teacher meeting. With the support of principal Dawn Smith and the teaching staff the first brushing program ever at the Warm Springs Elementary School was a success. The dental clinic provided proper toothbrushing and oral health education to all classrooms at WSE, along with toothbrushes and brushing charts. Our thanks to Warm Springs Forest Products for donating wood to make toothbrush holders for all the participating classrooms. A classroom brushing contest was held to motivate students to brush their teeth. The winners won their class a pizza party! More detailed information will follow on the WSE brushing program and the winners of the pizza parties in the next newspaper issue.

Another activity honoring National Children's Dental Health Month was a coloring contest organized by the dental clinic. This was the second year the Dudley Coloring Contest ran for grades kindergarten to fourth grade at the elementary school. The



Puppet shows were presented at the Dental Clinic open house.

February, March and April were busy months for the Warm Springs Dental Clinic, both with direct patient care and with the community activities. February kicked off with National Children's Dental Health Month. The month was filled with elementary school activities including dental screenings, sealants, presentations, coloring contests and the initiation of a school brushing program. Another major event in February was the Second Annual Dental Open House.

At the Open House over 400 children visited the Warm Springs dental clinic for a fun yet educational experience. We had almost 100 more kids than last year. Two classrooms

would tour the clinic every thirty minutes to learn about dental instruments, equipment, dental health and watch a dental puppet show. Headstart three and four year olds and the Warm Springs Elementary School grades kindergarten through second grade were invited to attend this dental health community event. Some of the educational tour highlights were helping Dr. Ken fix an imaginary cavity on Mr. Alligator, seeing how x-rays are taken, counting teeth with Dr. Cieslik, and learning some interesting dental nutrition facts. On display were various cans of pop. Actual cubes of sugar were placed beside each can representing its sugar content. Students were amazed at the high

amount of sugar in just one can of pop. Healthy and sugarless alternatives to replace pop were then shown to the children. Real teeth were also on display for the children to view. These included bad teeth with cavities and good teeth without cavities. All the kids liked the good teeth and wanted their teeth to be like the ones with no holes. The dental health puppet show was another big hit this year. Howard the hygiene hound, brought to life by Dr. Rick Vaughn, was back along with his new friend Filmore the frog played by Rena Adams. This year's puppet show theme was good brushing habits make you want to shout! At the end of each tour every kid received a gift bag donated by CREST, which included Crest Activity Books, Crest book markers, stickers and children's dental health pamphlets. All these items placed in the gift bags were donated to the dental clinic at no cost by the Crest Man, Archie San Romani, a representative from Procter & Gamble.

One hundred first and second grade students were screened by the Warm Springs Dental Clinic for dental sealants. This is the third year the dental clinic has done a sealant program at Warm Springs Elementary. Consent forms were sent home with all first and second grade students. Only those students who returned signed consent forms were screened. In an joint effort with the WSE school those students found to need sealants were transported to the dental clinic via school bus. A total of 63 students received sealants on their first permanent back teeth. Prior to the actual

famous Dudley the Dinosaur was back again to help teach students the importance of daily brushing. Dudley is the American Dental Association's mascot for oral health. Each grade had first, second and third place winners. Each winner received an award ribbon and a Dudley award certificate. Their coloring picture, award ribbon and personal photo were displayed in the dental waiting area for all patients to enjoy. Then the awards display was moved to the elementary school library for students and teachers to enjoy.

Who would of thought we could top all the excitement of last year's National Children's Dental Health Month. But we did! So much that a lot of the excitement ran over to the month of March. During the month of March a Dental Hygiene student from Oregon Health and Sciences University came out to assist with clinic patients and community events. Together we did dental infection control presentations at both the

Warm Springs and Madras elementary schools. Other presentations were at Headstart and the Senior Center. The past couple of months have definitely been busy ones for the Warm Springs Dental Clinic, but the rewards are well worth it. We appreciate all the thank-you pictures the classes sent back to us. Familiarizing children with those who work at the dental clinic makes our job much easier. But most of all we appreciate all those who helped make this a success. The Warm Springs Dental Clinic would like to thank again the following people: the community health educators Anita Davis, Judy Charley and Anson Begay for helping to stuff over 400 gift bags, Rick Saunders of WS Forest Products and Archie San Romani from Crest Procter & Gamble, and the Elementary School staff for all their hard work. For now stay on the healthy path to a great Smile.

By Erica D. Foster  
Dental Hygienist



Erica watches kids brush the teeth of puppet show animals.



Dental assistant shows children how much sugar is in popular drinks.

## "My smile is important because..."

Coloring Contest participants were asked to answer the following question, "My smile is important because...". Here are some of their responses.

"It shows my clean teeth that I brush everyday"  
**Tianna Herkshan-1st**

"It's a pretty way to show how you feel"  
**Jacoba Best-1st**

"I like my teeth to be clean"  
**Rudy Stevens-4th**

"I like to show my shiny teeth"  
**Cyrille Mitchell-4th**

"It helps me look pretty"  
**Johnni Smith-2nd**

"I like to show my clean teeth"  
**Byron Scott-Kindergarten**

## Warm Springs Elementary Coloring Contest results noted

**Kindergarten**  
1st place-Elena Guzman  
2nd place-Chantel Clements  
3rd place-Byron Scott

**Third Grade**  
1st place-Jacquelyn Moody  
2nd place-Manuel Greene  
3rd place-Eustolia Gurrola-Smith

**First Grade**  
1st place-Tianna Herkshan  
2nd place-Jacoba Best  
3rd place-Matilda Wallulatum

**Fourth Grade**  
1st place-Cyrille Mitchell  
2nd place-Rudy Stevens  
3rd place-Emilena Suppah

**Second Grade**  
1st place-Julian Wallulatum  
2nd place-Dorian Miller  
3rd place-Johnni Smith