



Notes From the Office

Looking ahead:

Wednesday, November 22nd - Early Release Day at 12:15pm.

Thursday, November 23rd & Friday, November 24th - No School

Address/Phone Change/Email

You must inform the office immediately if you are moving or if any of your phone numbers or email addresses have changed.

Office Hours: 8:00AM - 3:30PM



Notes from the Nurse

Now that the Halloween festivities are over there is likely far more candy in all of our households than any other time of the year. With all those sweets and the impending holiday baking looming this is a good time to remind your children of the importance of oral hygiene and be familiar with the signs of dental caries or cavities. We certainly do not want oral discomfort or required dental work to get in the way of eating our favorite holiday treats!

Dental Caries Causes and Symptoms

Tooth decay is a common disorder, second only to the common cold. It usually occurs in children and young adults, but it can affect anyone. Tooth decay is a common cause of tooth loss in younger people so it is particularly important to monitor our children's oral hygiene and health.

The mouth is filled with bacteria that reacts with food that is eaten. Certain foods with significant amounts of sugar and starch turn into acids. Bacteria, acid, food pieces, and saliva combine in the mouth to form a sticky substance called plaque. Plaque begins to build up on teeth within 20 minutes after eating. If it is not removed, tooth decay will begin.

Carbohydrates (sugars and starches) increase the risk of tooth decay. Sticky foods are more harmful than non-sticky foods because they remain on the teeth. Frequent snacking increases the time that acids are in contact with the surface of the tooth. So, during this time of enjoyable overindulgence it will pay off to be diligent about brushing teeth after meals and snacks.

Symptoms: There may be no symptoms. If symptoms occur, they may include:

- Tooth pain or achy feeling, particularly after sweet or hot or cold foods and drinks
- Visible pits or holes in the teeth

Serious Symptoms and Complications:

- Discomfort or pain
- Fractured tooth
- Inability to bite down on tooth
- Tooth abscess
- Tooth sensitivity

Tips for Prevention

Effective toothbrushing at least twice a day is necessary to prevent cavities. When combined with professional cleaning (every 6 months) and daily flossing prevention is at its best! It can be difficult to ensure children are brushing their teeth correctly so here are some tips to improve tooth brushing at home.

- Use a timer to ensure brushing lasts at least 2 minutes
- Brush your teeth with your children so you can supervise and demonstrate effective brushing.

It is best to eat chewy, sticky foods (such as dried fruit or candy) as part of a meal rather than alone as a snack.

If possible, brush your teeth or rinse your mouth with water after eating these foods. Another tip is to limit snacking, since it creates a constant supply of acid in your mouth.

Enjoy all this season has to bring and stay safe in your travels!

Lilja PTO



News & Events Snapshot

Keep up with all the PTO news that's fit to print. Learn about upcoming events and other happenings around the Lilja and Natick community.

[Click Here to Catch Up](#)

Yearbook

This will be the last year Liz Gorman will be coordinating the yearbook. We need a new team of volunteers to head up this fun project! It is a great way to stay connected to the school, and get to know the students and teachers at every grade level! Please contact Liz Gorman [here](#) if you are interested!



Thank You!



Dear Natick Families,

We are writing to let you know that there is a ***NEW*** date for our annual Elementary School Parent Workshops: Hot Topics, February 13th at 6:30PM. This program is being rescheduled from Nov. 7 (no program will take place on that date). Please mark your calendars – we hope to see you then!

Elementary School Parent Workshops: Hot Topics

Tuesday, February 13 from 6:30 to 8:30 at Wilson Middle School

For parents and caregivers (preschool and elementary school).

Elementary educators and administrators will conduct workshops sharing some of their personal expertise and tips on hot topics on navigating the elementary years. (Childcare will be provided.)

Thank you!

The SPARK Kindness Team

SPARK Kindness, Inc.

SPARKKindness.org

Twitter = @SPARKKindness

SPARK = Successful Positive Authentic Resilient Kids

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STAY CONNECTED

