

Hello,

Again this year the fluoride program will be offered to Sacred Heart students.

Cavities used to be a fact of life. However, over the past few decades, tooth decay has been reduced dramatically. The key reason: fluoride. Fluoride inhibits the breakdown of teeth and can actually make teeth harder.

We can get fluoride in two forms: systemic and topical. Systemic fluoride is put into our body to help build strong teeth. This form of fluoride is added to public water sources. Systemic fluoride supplements are also available by prescription from your doctor or dentist. Topical fluoride is in our toothpaste and mouth rinses. This means the fluoride only touches the "top" or outer surface of our teeth.

For those of you with private wells that do not have fluoride, the rinse program can help protect teeth from decay and save you money on dental fillings. For those of you with a public water source, the school rinse program can provide even more protection than the systemic fluoride alone.

In the past we have discovered that junior high students enrolled in the rinse program are not always cooperative with using the rinse.

We encourage them to be responsible for their own health and hygiene. For the junior high students the teacher will make the rinse available in the classroom but the students will be responsible for using it on their own.

Please discuss this with your junior high students before signing them up for the program.

For only \$4.00 per year, you can enroll your child in the fluoride rinse program at school and keep your child's teeth healthy while saving money on dental treatments.

Thank you,

Dorothy Meyer  
Sacred Heart Nurse

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### **Fluoride Treatment**

Please give my child/ren the fluoride treatment once a week for the 2018-19 school year.

<b>Student Name</b>	<b>\$4.00 each child</b>
_____	_____
_____	_____
_____	_____
_____	_____
<b>Parent Signature</b>	<b>Total Due</b>
_____	_____

**\*Fee for fluoride is due August 29, 2018**