Dear Parents and Carers,

The dental van has arrived at Macleay Island State School and as part of our health program we will be focusing on oral hygiene including healthy teeth for life.

The following facts from Queensland Health should be shared with all family members.

Regular toothbrushing and flowing help protect your teeth from decay and gum diseases and the following fact explain the most effective way to brush and floss your teeth.

**Toothbrushing**

To remove dental plaque, teeth should be brushed at least twice a day (in the morning after breakfast and just before bed). Use a soft bristled toothbrush with a small head, and a fluoride toothpaste.

Toothbrushes should be replaced every three months and/or when toothbrush bristles appear worn and shaggy.

**Toothbrushing technique**

1. Place the head of the toothbrush at a 45 degree angle to the gum margin.
2. Gently move the toothbrush in a small circular, forward and backward, jiggling or vibrating motion over each tooth to remove plaque found both above and below the gum line.
3. Repeat this process on both the inner and outer surfaces of each tooth.
4. Cleaning the chewing surfaces by using a gentle backward and forward scrubbing action.

I urge you to take advantage of the onsite service offered by the Queensland Government Oral Health Services team. Parental consent & medical/dental history forms can be collected from the school administration office team.

**Principal**

Mrs Glenda Seawright
**Purchasing School Uniform**

School Uniform can be purchased from the Administration Office between the hours of 8-3pm Monday to Friday. Hats – $7.50, Polo Shirts $20 and Bomber Jackets $30. New stock has just arrived, polo shirts in various sizes S6-16. Payment by EFTPOS or cash (correct money).

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**Pre-Prep Program**

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**Attending Prep is Compulsory 2017**

From 2017, it will be compulsory for all Queensland children to undertake the Prep Year, prior to commencing Year 1.

To minimise disruption to schools and families, the new requirement will not apply to children already enrolled in Year 1 for 2017.

Since Prep started in 2007, there have been noticeable improvements to learning outcomes for children who participate in Prep. The vast majority of Queensland parents already choose to enrol their child in Prep when they reach the eligible age.

Making Prep compulsory ensures all children develop the knowledge and skills provided by the Prep Year that form the foundation for future learning.

Upcoming Events for Students with Special Needs
Located on Islands


**Where – Russell Island State School Library, 38-64 High Street, Russell Island**
The event is **FREE**

To register – click on the link [https://www.ivvy.com/event/PE6COO/](https://www.ivvy.com/event/PE6COO/)

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**Chillax Sessions**

Students and Staff are invited to a morning Chillax Session.

We will relax and prepare for the day with meditation and stretching.

**Time: 8:15am – 8:40am**

**Days: Monday, Tuesday and Wednesday**

**Where: Resource Centre (Library)**

**Contact: Mrs Crossley (Ms C)**