

Wax On or Wax Off: The Choice is Yours

Did you know that flossing is needed to thoroughly clean your teeth? Brushing alone only cleans two thirds of a tooth's surface area. It is important to floss to take care of the remaining surfaces found between the teeth. The type of floss you choose is up to you. But here are some considerations:

- Waxed floss glides through tight spaces between the teeth more easily. The waxy coating also prevents floss from shredding and breaking.
- Unwaxed floss doesn't leave a waxy feeling in your mouth and works well when you have more space between your teeth.
- Different widths or thickness of floss can help you get into problem spots more effectively. Thicker floss can also be easier to work with, especially when you are first learning to floss.
- Floss can be flavoured and coated with fluoride and bacteria fighting agents to protect gums and teeth.

All types of floss work to remove food debris and plaque from between teeth and prevent gum disease and tooth decay. Whatever type of floss you choose remember these helpful steps:

- Step 1:** Wrap floss around your index and middle fingers, leaving about two inches between your hands
- Step 2:** Slide floss between your teeth and wrap it into a "C" shape around base of tooth and gently under gumline.
- Step 3:** Move the floss up and down the tooth
- Step 4:** Remember to floss both sides of every tooth

Good news, the choice of floss is yours! So choose your floss and start waxing on or off today!



Reminder: Routine immunization consent forms will be sent home this month with Grade 5 and 9 students.

Also, as the best defense against influenza infection & illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit <http://www.albertahealthservices.ca/influenza.asp>

The FUNdamentals of Physical Literacy

In an ideal world, all junior and senior high school students will have acquired physical literacy and fundamental movement skills during their middle school years. Physical literacy is when kids have a wide range of basic movement skills and the confidence to participate in a variety of sports and physical activities. The hope is that children are exposed to a variety of fundamental movements (running, jumping, skipping, hopping, throwing, leaping, etc.) that give them the ability and confidence to remain active in sport and activities throughout their high school years and beyond.

Unfortunately, this is not always the case. According to Active Healthy Kids Canada, only 7% of Canadian children and youth are meeting the recommended 60 minutes of physical activity every day. It is important to continue to develop fundamental movement skills at any age. Through junior and senior high, students need to have opportunities to participate in organized and unorganized physical activity for a variety of reasons:

- To maintain a healthy body weight
- To encourage less screen time
- To create opportunities to specialize in sport

We all play a role when developing teenagers to be physically literate. It is important to instill a love for physical activity when they are young, in hopes they will continue to be active as adults. By being an active role model in their life, and providing them opportunities, we can help raise happy, healthy teenagers.

For more information please visit: www.activeforlife.com