



Happy Valentines Day ~ Feb. 14th

President's Day ~ Feb. 18th ~ No School!

Call for Nominations!

**School Board
Election
Nominations
due Feb. 18 @
4pm MST.**

**One open
seat.**

**See the front
office for
nomination
forms.**

**Save the
Date:**

2/1
Spelling Bee

2/6
FTO Meeting
@ 5:30pm

School Board
Meeting @ 5pm

2/7
Family Dental
Night

2/18
School Board
Election
Nominations
DUE

NO SCHOOL

2/27
Family Fitness
Night

MDS Spelling Bee Feb. 01, 2019

From FTO...

Congratulations to our t-shirt design winners, Robert Little & Savannah Tracy! Look out for your chance to purchase a school t-shirt featuring the winning designs.



The Penny War competition was a huge success. Congratulations to the 3rd/4th grade class for winning the Penny War! Over all FTO collected \$287.77.

**Next FTO meeting is Wed.,
Feb. 6th at 5:30 pm.**

DENTAL HYGIENE

Family Dental Night

**Thurs. Feb 7th
@ 5:00pm**

- * Basic dental health; infant-adult
- * Importance of good dental hygiene
- * Student Activities & Door Prizes



Hopi Words of the Month

tiiqatsi- baby naming **tsotsmingwu**- mother corn
ngyam- clan **powata**- purify **naawakinta**- prayer
totokya- day before ceremony
tiikive - day of ceremony
katsinam- kachina (plural) **naa'okiwa**- humble
Powamuya- Rejuvenation Moon; Renewal of Life

Hopi Character Trait

"Hak hiita utihi'it kyaptsi'ytangwu."
- Respect the sacred.

Supply Drive

for the

Moenkopi Senior Center

Student Council is seeking donations of the following to benefit the seniors of Moenkopi.

**tissue • baby wipes
unscented lotion
winter accessories
warm socks • cases of water
pocket planners**

Donation can be dropped off in
Rm. 103 through Feb. 21st.

Family Fitness Night

**Feb. 27th
6pm- 7pm**

**Fun mini workout; for the
whole family**

**A family that moves together
stays fit together.**

Varsity Basketball

Feb. 7 ~

**Co-Ed Scrimmage @ 4pm,
MDS gym**

Feb. 13 ~ @ SMDS, 3:30 pm

**Congratulations to the Varsity
Boys on Second Place at the
Kaibeto tournament!!**

GO PANTHERS!!

February is Children's Dental Health Month

4 STEPS TO BETTER DENTAL HEALTH for Kids

1 Limit Snacks

The most important factor in tooth decay?

The number of times sugar is in the mouth, rather than quantity.



Limit intake to 1-2 sugary drinks, desserts or candies per day.

2 Watch those Sippy Cups

Sipping juice from a sippy cup or bottle all day long keeps teeth bathed in sugar.



Use only at mealtimes and **never** let your child fall asleep with a cup or bottle.

3 Help with BRushing

Parents should brush for their children until they are 6 or 7 years old. Focus the toothbrush where teeth and gums come together.

Brush for 2 minutes, 2 times a day.

4 Find the Right Dentist

Pediatric dentists complete 2-3 years of training in the specialized needs of children.



Schedule your child's first dental visit within 6 months after the first tooth appears, and **no later than the first birthday.**

Tooth Snack Guide

Won't Cause Cavities*



(Low Carb foods)

Raw, Crunchy Vegetables
Raw, Leafy Vegetables
Cheese
Nuts
100% Nut butters
All Meats
All Fats
Water

If you are thirsty, drink water!

(Usually) Won't Cause Cavities



Whole Milk
Fresh Fruit
Whole grain bread
Popcorn
Smoothies
Dark Chocolate (>70% Cacao)
Yogurt
Ice Cream
Dips & Sauces
Oatmeal

Crunchy is best

Don't get carried away, but it rinses away better than other desserts.

Causes Cavities Easily



Candies
Soda
Juice
Chocolate milk
Cookies
Dried fruit
Fruit snacks/strips
Dried flour cereals
Pretzels
Crackers
Oranges & Bananas
Sports Drinks

Please still eat them, just not all day long

Remember to give your child age appropriate food. Nuts, Hot dogs, grapes and sausages are common choking hazards, especially in children 3 years and younger.

This list, including milk and fruit, has the potential to cause cavities quickly if you don't organize meal and snack times. The sugars won't stay in contact with teeth for long with organized eating habits.

Even some healthy foods can cause cavities quickly. Being processed and/or dried is not good for teeth. Fresh bread is better than dried flour for teeth.

tooth decay is the **most common** childhood disease



3 out of every 5 children are affected by tooth decay

5x more common than asthma



51 million school hours missed due to oral disease



Test your Dental Knowledge!

1. The #1 chronic health problem among children is:

- Asthma
- Tooth Decay
- Obesity
- Diabetes



2. Tooth decay is caused by bacteria.

True

False

3. Tooth decay can be prevented.

True

False

4. Tooth decay is not contagious. You can't get it from someone else.

True

False

5. Nearly half of all US 5-year olds have had tooth decay.

True

False

6. A child with cavities in her baby teeth is three times more likely to develop cavities in her adult teeth.

True

False

7. The sugars in fruit juice can't hurt your teeth.

True

False

8. What is fluoride?

- A man-made chemical
- A natural mineral found in drinking water.
- A bad germ

9. Fluoride is safe and effective in preventing tooth decay:

True

False

10. How do you clean an infant's mouth?

- You don't have to
- Wipe her gums with a soft damp clean cloth
- Wipe her gums with fluoridated toothpaste
- Brush her gums with a tooth brush

11. When should you begin brushing a child's teeth?

- 4 weeks after he is born
- When he has at least 5 teeth
- When his first tooth comes in

12. Left untreated, tooth decay can cause infections in other parts of your body.

True

False

Ans: 1.B, 2.T, 3.T, 4.F, 5.T, 6.T, 7.F, 8.B, 9.T, 10.B, 11.C, 12.T