



Brush-a-mania is a TDSB Approved Educational Partner

To School Principal:

[Sign up now for Brush-a-mania 2026](#)

April is a very special month in Canada. It is Oral Health Month. Please help us promote good oral health amongst your students by doing the following:

1. Display the Brush-a-mania posters in your school during the month of April;
2. Send the attached letter to your parents after March Break;
3. Distribute **free** Colgate toothbrushes and toothpaste to your students;
4. Hold a Brush-a-mania assembly in the month of April;
5. Compete in the Pizza Nova Lunch contest;
6. Encourage your students to brush every day and enter our Brush-a-mania online contest.

Display the Brush-a-mania posters in your school during the month of April:

The Brush-a-mania posters will be delivered to your school after the March Break. Please display them to remind your students it is Oral Health Month and to participate in the Brush-a-mania contest.

Send the attached letter to your parents after March Break:

Ask your parents to encourage their children to brush/floss their teeth every day and enter our online contest to enter a draw to win a Nintendo Switch or one of fifty tablets. The letter may be downloaded from our website: www.brushamania.ca

Distribute **free Colgate toothbrushes and toothpaste to your students:**

The toothbrushes and toothpaste are free. They will be delivered to your school after the March Break. We ask that you [register](#) your school online and distribute our brush-a-mania pamphlet to encourage your students to brush daily.

Hold a Brush-a-mania assembly in the month of April:

Brush-a-mania is an Oral Health Month program designed to promote oral health and awareness among young children. Each year, dentists and Rotarians visit participating schools and hold an assembly during the month of April. The children are provided with an interactive, entertaining presentation in proper dental care. Each assembly concludes with a Brush-off, where all participants brush their teeth simultaneously for two minutes. (Brush-off is optional.)

Compete in the Pizza Nova lunch contest:

Teachers are asked to track their students' brushes on the Brush-a-mania classroom charts for the month of April. (The classroom charts will be delivered to your school after the March Break.) At the end of April, take a picture of the chart with the students and email it to Jennifer Boyd at jennifer@brushamania.ca. Ten classes will be randomly drawn for a Pizza Nova Lunch. These pictures will only be shown to our sponsors and will not be published unless we receive permission from your school.

Encourage your students to brush every day and enter our Brush-a-mania online contest:

All elementary students may register and begin recording their brushes online starting April 1st. Everyone who brushes and/or flosses their teeth 100 times within any 30-day period will be emailed a Brush-a-mania certificate of achievement. His or her name may be entered into a draw to win a Nintendo Switch or one of fifty tablets.

The goal is to encourage the students to develop good oral hygiene habits at an early age.

Since 2001, Brush-a-mania has reached over a million students. **We would like to invite your school to participate this year.** There is no cost for all City of Toronto schools. The Scarborough Rotary Passport Club has committed to fundraise to support these schools. For schools outside the City of Toronto, all supplies necessary to run the program may be purchased for \$1 per student. (Includes delivery to the school.)

To register, please visit our website www.brushamania.ca. Schools will be accepted on a first-come, first served basis. **Registration deadline is February 28, 2026.**

If you would like a dentist to visit your school to talk to your students in April about proper oral hygiene, please contact my co-chair Jennifer Boyd at jennifer@brushamania.ca or at 416-752-1143.

[Sign up now for Brush-a-mania 2026](#)

Thank you so much for promoting good oral health,

Raffy Chouljian, DDS
Brush-a-mania Chair
raffy@brushamania.ca



Dear Parents:

April is a very special month in Canada. It is Oral Health Month. School children across Canada from Junior Kindergarten to grade six are going to brush their teeth. Please encourage your child to brush his/her teeth.

Log on to www.brushamania.ca every day to record your child's brushes. All elementary students up to grade 6 who brush and/or floss their teeth 100 times within any 30-day period will be emailed a Brush-a-mania certificate of achievement. His or her name may be entered into a draw to win a Nintendo Switch or one of fifty Android tablets.

Please encourage your children to take good care of their teeth. April is Oral Health Month and I need you and your children to make it a BIG month. And don't forget to have FUN!

You may register your child now. We will send you a reminder to start tracking their brushes at the end of March. The contest is open April 1st to May 31st.

Thank you so much for promoting good oral health,

Raffy Chouljian, DDS
Brush-a-mania Chair
raffy@brushamania.ca

**WIN PRIZES
JUST FOR BRUSHING
YOUR TEETH!**

**Earn points for brushing your teeth!
Earn 100 points and you will be entered
into a draw to win a Nintendo Switch or
Android Tablet!**

**BRUSH
A
MANIA** | **LA BROSSÉ
MANIE**

**REGISTER AT
BRUSHAMANIA.CA**

**CONTEST OPEN FROM
APRIL 1ST - MAY 31ST
FOR ALL ELEMENTARY STUDENTS
UP TO GRADE 6**

Scarborough
Rotary
Passport.ca