



To School Principal:

[Sign up now for Brush-a-mania 2023](#)

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 Colgate toothbrushes and toothpaste to your students;
4. Hold a Brush-a-mania assembly in the month of April;
5. 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.

Distribute Colgate toothbrushes and toothpaste to your students:

The toothbrushes and toothpaste 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 3 minutes. (Brush-off is optional.)

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 will 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 950,000 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 March 3, 2023.**

[Sign up now for Brush-a-mania 2023](#)

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 will be entered into a draw to win a Nintendo Switch or one of fifty 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!

Sincerely yours for better oral health,

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

A promotional graphic for the Brush-a-mania contest. It features the text "WIN PRIZES JUST FOR BRUSHING YOUR TEETH!" in large, colorful letters. Below this, it says "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!". There is a yellow starburst that says "SCAN ME!" next to a QR code on a smartphone. A hand is holding the smartphone. In the background, there is a tablet and a Nintendo Switch. The logo for "brush-a-mania La brosse-o-manie" is in the top right, and the Rotary logo is in the bottom right. A yellow banner at the bottom left says "Register at brushamania.ca Contest open April 1 to May 31 For all elementary students up to Grade 6". The Scarborough Rotary Passport Club logo is at the bottom center.