

Kindergarten Oral Health Assessment Notification Letter

Dear Parent or Guardian:

Having a healthy mouth helps your child do well in school. To make sure your child is ready for school, California law *Education Code* Section 49452.8 requires **every kindergartner and any first grader in public school for their first year** to have an **oral health assessment/ screening** or dental check-up turned into their school **at the beginning of the school year.**

The Kindergarten Oral Health Assessment Form (attached to this letter) needs to be completed by a licensed dentist or other licensed or registered dental health professional. If your kindergartner or first grader enrolling in public school for their first year **has not** had the form completed by a dentist in the past 12 months, please go to their dentist to get it completed, and return it to your child's school.

Your child's school or school district **may host a free oral health assessment/ screening event**, where licensed dentists or other licensed or registered dental health professionals will provide the oral health screening **at the school.** The screening is a quick look at your child's teeth. **No dental treatments** of any kind are given. **Your child will be given the free oral health screening unless** you let the school know you would **not like** your child to receive it. This is called "opting out" of the screening. To opt out, please fill out the attached **On-Site Dental Screening Opt Out Letter** and return it to your child's school. If you do not opt out of the screening, your child **will get the oral health screening only.** If dental treatments are also offered at the event in addition to the screening, you must sign a separate form to provide your written informed consent in order for your child to receive them. After the screening event, **you will receive a letter or phone call** sharing the results of your child's screening.

If you cannot take your child to a dentist to get the oral health assessment/ screening, or your child cannot attend an oral health screening event hosted at your school, please fill out the separate **Waiver of Kindergarten Oral Health Assessment Requirement form (attached to this letter)**, and return it to your child's school. You can get copies of all these forms from your child's school.

Your child's identity will not be in any report. Schools keep students' health information private.

If your child is not enrolled in Medi-Cal dental insurance:

Contact San Mateo County's **Health Coverage Unit** by calling toll free:
1-800-223-8383.

Local number: **650-616-2002.**

Email: info-hcu@mscgov.org.

Visit the website: <http://www.smchealth.org/health-insurance>.



To find a dental provider accepting Medi-Cal in San Mateo County:

Call the **Health Plan of San Mateo's Member Services** (toll free):
1-800-750-4776.

Local number: **650-616-2133.**

Email: Dental@hpsm.org.

Visit HPSM Dental's online dental provider directory to find a dentist here:
<http://www.hpsm.org/member/hpsm-dental/choose-a-dentist>.



For additional oral health resources:

Visit the Oral Public Health Program website: <http://www.smchealth.org/oral-health>.

We want your child to be healthy and ready for school! Here is important advice to help your child stay healthy:

- Baby teeth are very important, even though they fall out. Children need healthy baby teeth to eat, talk, smile, and feel good about themselves. Children with cavities may have pain, difficulty eating, stop smiling, and have problems paying attention and learning at school.
- Take your child to the dentist **every six months, starting when their first baby tooth comes in**. Dental check-ups can help keep your child's mouth healthy and free of pain, and are covered by dental insurance plans.
- Choose healthy foods and drinks for the entire family, like fresh fruits and vegetables, water and milk.
- Help your child brush their teeth at least 2 times a day with toothpaste that contains fluoride for 2 minutes, and floss daily.
- Limit candy and sweet drinks like punch, juice or soda. Sweet drinks and candy contain a lot of sugar, which causes cavities and leaves less room for your child to have healthy foods and drinks. Sweet drinks and candy can also cause weight problems, which may lead to other diseases, such as diabetes.

If you have questions about the oral health assessment requirement, please contact your child's school.