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Dear Parent or Guardian:

To make sure your child is ready for school, California law now requires that your child have a dental check-up for kindergarten or first grade, whichever is his/her first year of public school. Oak Grove School District requires this examination *prior* to kindergarten entry. Check-ups that have happened within the 12 months before your child enters school meet this requirement. The law specifies that the assessment must be done by a licensed dentist or other licensed or registered dental health professional.

Take the attached Oral Health Assessment Request form to the dental office, as it will be needed for your child's check-up. If you cannot take your child for this required assessment, please contact your school's health clerk.

The following resources will help you find a dentist and complete this requirement for your child:

1. Medi-Cal/Denti-Cal's toll-free number (*1-800-322-6384*) or website (www.denti-cal.ca.gov) can help you find a dentist who takes Denti-Cal.
2. Healthy Families' toll-free number (*1-800-880-5305*) or website (<http://www.benefitscal.com/>) can help you find a dentist who takes Healthy Families insurance.
3. Healthy Kids is another low-cost insurance program your child may qualify for. To find out if your child can enroll in any of the above programs or Healthy Kids, call toll-free number *1-800-821-5437*.

Remember, your child is not healthy and ready for school if he or she has poor dental health! Here is important advice to help your child stay healthy:

- Take your child to the dentist twice a year.
- Choose healthy foods for the entire family. Fresh foods are usually the healthiest foods.
- Brush teeth at least twice a day with toothpaste that contains fluoride.
- Limit candy and sweet drinks such as punch or soda. Sweet drinks and candy contain a lot of sugar which cause cavities and replace important nutrients in your child's diet. Sweet drinks and candy also contribute to weight problems which may lead to other diseases such as diabetes. The less candy and sweet drinks, the better!

Baby teeth are very important. They are not just teeth that will fall out. Children need their teeth to eat properly, talk, smile, and feel good about themselves. Children with cavities may have difficulty eating, stop smiling, and have problems paying attention and learning at school. Tooth decay is an infection that does not heal and can be painful if left without treatment. If cavities are not treated, children can become sick enough to require emergency room treatment and their adult teeth may be permanently damaged.

Many things influence a child's progress and success in school, including health. Children must be healthy to learn and children with cavities are not healthy. Cavities are preventable but they affect more children than any other chronic disease.

If you have any questions about this new dental requirement, please contact District Nurse Lindsey (408-227-8300 ext. 300267) or District Nurse Marailee (408-227-8300 ext. 300266).

Dental Letter (ENG) – Revised 1-2018

José L. Manzo, Superintendent
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