

# 2023 POSTER CONTEST

To Celebrate National

## Children's Dental Health Month in February

Design a poster that demonstrates how to have healthy teeth!

**Four age categories:**

PK and Kindergarten

Grades 1-2

Grades 3-4

Grades 5-6

Brush

Fluoride

Good Nutrition

Check-ups

Floss



The Maine School Oral Health Program will select one poster from each age category. Winners will receive an oral health prize package, including an electric toothbrush!

***Be creative; show us what good oral health looks like to you!***

***This year's ADA theme is "Sealants Make Sense!"***

***\* Poster size should be horizontally 8.5" x 11"***

**Deadline – Tuesday, February 28, 2023**

Submissions can be emailed to:

[sohp@mcd.org](mailto:sohp@mcd.org)

Be sure to include: Student's name, grade, and school in the lower right corner (these will be blanked out for voting)

## Theme

### **"Brush, Floss, Smile!"**

Check out ADA poster and NCDHM for their poster and educational activities:

<https://www.ada.org/en/public-programs/national-childrens-dental-health-month>

## Instructions

- The poster should illustrate the importance of oral health and ways to keep teeth healthy. A basic understanding of good oral health concepts is a prerequisite. These can be reflected as illustrations of this year's theme; or any dental-related topics for example, eating nutritious foods, having regular dental check-ups, getting dental sealants, brushing and flossing every day, or using mouth guards are all needed to have a healthy smile.
- The following information must be printed on the **lower right corner** of each poster: Student's name, grade, and school name. This information will not be visible when voting takes place.
- Posters should be colorful and easily seen from a distance.
- All posters should be horizontally oriented on white photocopy paper "8.5 x 11".

## Contest Rules

- There will be four grade divisions: PK-Kindergarten, 1-2, and 3-4, and 5-6. If your school has a contest preliminary to this contest, please submit only your first-place winners from each division. The first-place winners will be entered into the statewide contest and first-place posters from each division will be chosen.
- All entries must be received by February 28, 2023 at 12:00 pm
- Staff members of the School Oral Health Program, Maine Center for Disease Control and Prevention, MCD Global Health, and the general public will judge the contest. A Survey Monkey link will be provided once all posters are collected, and voting can then take place.
- Voting will take place for 3 days and winners will be notified by March 6, 2023.

Thank you for your participation! 😊

For questions, contact: [sohp@mcd.org](mailto:sohp@mcd.org)