



# My Bright Smile Calendar

2020



Winning art by children from around the world!



# Bright Smiles, Bright Futures™ is ...

The award-winning Colgate **Bright Smiles, Bright Futures®** (BSBF) global oral health education program reaches over 50 million children and their families in 30 languages and 80 countries throughout the world every year!

## Colgate BSBF: A Multi-Faceted Global Initiative

This engaging, integrated oral health effort includes:

- A **prevention-based classroom program** that fosters good oral health for a lifetime
- An **online community** focused on fun and learning
- **Community events** with engaging activities for children and families
- A **partnership** between Colgate-Palmolive and governments, health and educational organizations, professional associations, and health care providers across the globe!



## Helping Children's Smiles Last a Lifetime!

### A Global Palette

For over 20 years, the **My Bright Smile Global Art Contest** has invited children from classrooms all over the world to create artwork that shows what their own bright smiles mean to them. Winners receive scholarships for themselves and for their schools.



Visit **Bright Smiles, Bright Futures** online at  
**[www.colgatebsbf.com](http://www.colgatebsbf.com)**

### Cartoon Dentists = Engaging Mascots!

From the tiniest community to the most populated urban center, BSBF inspires kids to take control of their own oral health. Using **Dr. Rabbit** and **Dr. Brushwell** — the engaging cartoon dentists — as its mascots, the program speaks out to children in ways that intrigue and inspire them.



Join our journey to explore the  
featured stops on Dr. Rabbit's Map ...

### Bright Smiles Idea Starters

- **Brush Twice a Day!** Photocopy the **Travel the Globe with Dr. Rabbit Brushing Chart**, one for each child.
- **Find That Country!** Each month, find the winning artist's country on the **Travel the Globe with Dr. Rabbit Brushing Chart**; use it as a springboard for a cultural lesson.
- **Language Lingo:** Look for the "Word of the Month" in each **Bright Smile Tip**, shown in a language from the country of that month's winning artist.
- **Celebrate Each Checkup!** Have students "initial" the calendar each time they have a dental checkup. How many children had checkups each month?



# Travel the Globe with Dr. Rabbit

Brushing is an important daily journey! Brush thoroughly with fluoride toothpaste at least twice a day, especially after eating breakfast and before bedtime.

Check off each time you brush and it will help map your way to a bright smile!



\_\_\_\_\_'s Map  
(Name)

## Romania

BSBF reaches over 172,000 children in schools annually.

- The name "Romania" comes from the Latin word "Romanus" which means "citizen of the Roman Empire."
- In 1884 the Romanian city of Timisoara became the first in Europe to have electric street lighting.

## Russia

BSBF reaches over 810,000 children in schools every year.

- In terms of land area, Russia is the largest country in the world.
- The world's first satellite, named Sputnik, was launched by the Soviet Union in 1957.

## Uzbekistan

BSBF reaches over 260,000 children in schools every year.

- The first people known to have inhabited Central Asia were Iranian nomads who came from the northern grasslands of what is now Uzbekistan, sometime in the first millennium BC.
- Uzbekistan is one of the largest producers and exporters of cotton.

## Hong Kong

BSBF reaches over 32,000 children in schools every year.

- Dim sum, a Chinese meal of small plates, originated here in southern China and means "touch the heart".
- The majority of Hong Kong's Chinese population speaks Cantonese, which has nine tones!

## Pakistan

BSBF reaches over 1.4 million children every year.

- The name Pakistan, Pak (pure) and stan (land) means 'land of the pure' in the Persian and Urdu languages.
- The second highest mountain in the world, K2, and is located on the China-Pakistan border.

## Laos

BSBF reaches over 155,000 children in schools every year.

- Lao food is traditionally eaten with sticky rice using fingers.
- One of the world's most dangerous snakes, the king cobra lives in Laos.

## Philippines

BSBF reaches over 1.7 million children in schools every year.

- Only about one third of the islands that make up the Philippines are inhabited.
- The Banaue Rice Terraces are 2,000-year-old terraces that were carved into the mountains of Ifugao in the Philippines by ancestors of the indigenous people.

## Papua New Guinea

BSBF reaches over 458,000 children in schools every year.

- Papua New Guinea is the most linguistically diverse country in the world with 851 individual languages.
- Tropical rainforest covers as much as 77% of Papua New Guinea

## Cambodia

BSBF reaches over 412,000 children in schools every year.

- Rice is the first crop that was ever grown in Cambodia.
- Birthdays are not traditionally celebrated—some people might not know what theirs are!

## Thailand

BSBF reaches over 1.3 million children in schools every year.

- Thailand is famously known as the "Land of Smiles".
- Siamese cats originated in Thailand where they are called Wichian Mat.

## Australia

BSBF reaches over 684,000 children in schools every year.

- A desert area known as the 'outback' covers much of the land.
- The world's largest reef system, the Great Barrier Reef, is found off the north-eastern coast of Australia.

## Fiji

BSBF reaches over 436,000 children in schools every year.

- There are 322 islands in Fiji and over 500 small islets.
- Rugby Union is the most popular sport in Fiji with a participation rate of nearly 10% of the population.

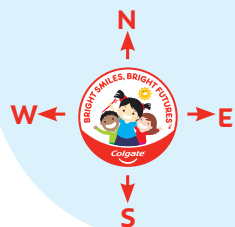
## New Zealand

BSBF reaches over 125,000 children in schools every year.

- The term "Kiwi" is also used as a nickname for a New Zealander.
- In 1893 New Zealand became the first country in the world to give all women the right to vote.

Dr. Rabbit's Map features the many regions that are home to the 2020 My Bright Smile Calendar™ contest winners and runners-up!

[www.colgatebsbf.com](http://www.colgatebsbf.com)



## United States

BSBF reaches over 3.8 million children in schools every year.

- The U.S. is the 4th largest country in the world by land area and 3rd by population.
- The tallest mountain the U.S. is Mt. McKinley, located in the state of Alaska.

## Mexico

BSBF Reaches over 2.3 million children in schools every year.

- Mexico's national symbol is the golden eagle, which features prominently on the coat of arms.
- Stone tools have been found in Mexico that suggest the existence of humans there around 23,000 years ago.

## Morocco

BSBF reaches over 496,000 children in schools every year.

- Moroccan cities commonly have mosques with beautiful towers called minarets, market areas called bazaars, old medieval sections called medinas and old fortresses called kasbahs.
- The most popular sport in Morocco is football (soccer).

## Jordan

BSBF reaches over 70,000 children in schools every year.

- The lowest point on Earth in terms of dry land is the shore of the Dead Sea, shared by Jordan, Israel, and Palestine.
- The Arabian oryx is the national animal of Jordan.

## Kenya

BSBF reaches over 1.3 million children in schools every year.

- Large animals such as lions, buffalo, leopards, elephants and rhinoceros are present in Kenya.
- Kenya is named after Mt. Kenya, the tallest mountain in the country.

# January

Fiji



**Name:** Bi Salihah **Age:** 9

**School:** Nadi Muslim Primary School, Nadi, Fiji

Salihah lives with her parents in a town that has lots of coconut trees and white sandy beaches. Her favorite parts of the school day are sports time and computer class. If she could go anywhere in the world, she would go to New Zealand to visit her cousins.

Fiji is known for its rugby team and beautiful beaches, but Salihah's favorite season is winter because she doesn't like to get too warm! If you were to visit her, she would cook for you a meal of lovo (fried chicken cooked in an earth oven) and fish lolo (fish in coconut cream).

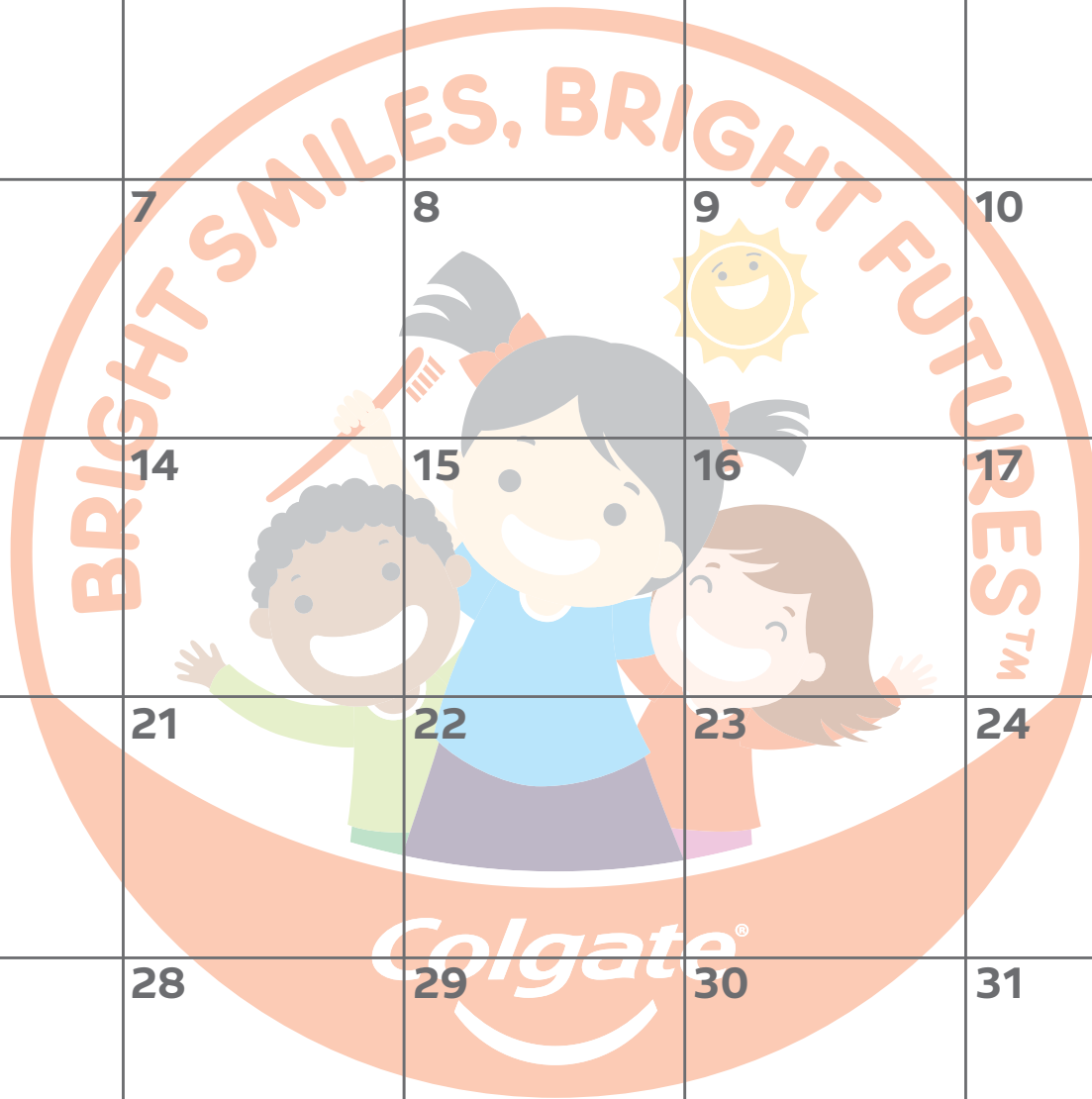
**Favorite Holiday:** Easter



Visit your dentist regularly. Your dentist and **hygienist** are your partners in keeping your smile bright!

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# February

Hong Kong



**Name:** Keung Hei Shun    **Age:** 7

**School:** The Salvation Army Ann Wyllie Memorial School, Hong Kong, China  
Keung lives in the city of Hong Kong with her parents, two pet rabbits, and two pet tortoises. Her family speaks Cantonese. She likes to fence, paint, and play piano. When she grows up, Keung wants to become a judge.

Her favorite subject in school is art, although she also enjoys reading. If you went to visit Keung in Hong Kong, she would take you to visit her school and Disneyland. If she could visit anywhere in the world, she would go to Japan.

**Favorite Food:** Pineapple buns with butter



To keep your smile bright all year:

- Brush thoroughly at least twice a day with fluoride toothpaste
- Visit the **dentist** regularly



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# March

Jordan



**Name:** Rita Arafat    **Age:** 9

**School:** Al Rai Schools, Amman, Jordan

Rita lives in the city of Amman with her parents, brother, sister, and pet hamster. Her family speaks Arabic. She likes to make origami and draw. When Rita grows up she would like to be an artist.

Rita's favorite subject in school is Arabic, and she also likes to swim and eat spaghetti. If you went to visit her in Amman, she would take you to visit Petra and Wadi Rum and cook you "magloba", which is a traditional local meal. She would like to visit Spain to enjoy the culture and language.

**Favorite Holiday:** Eid.

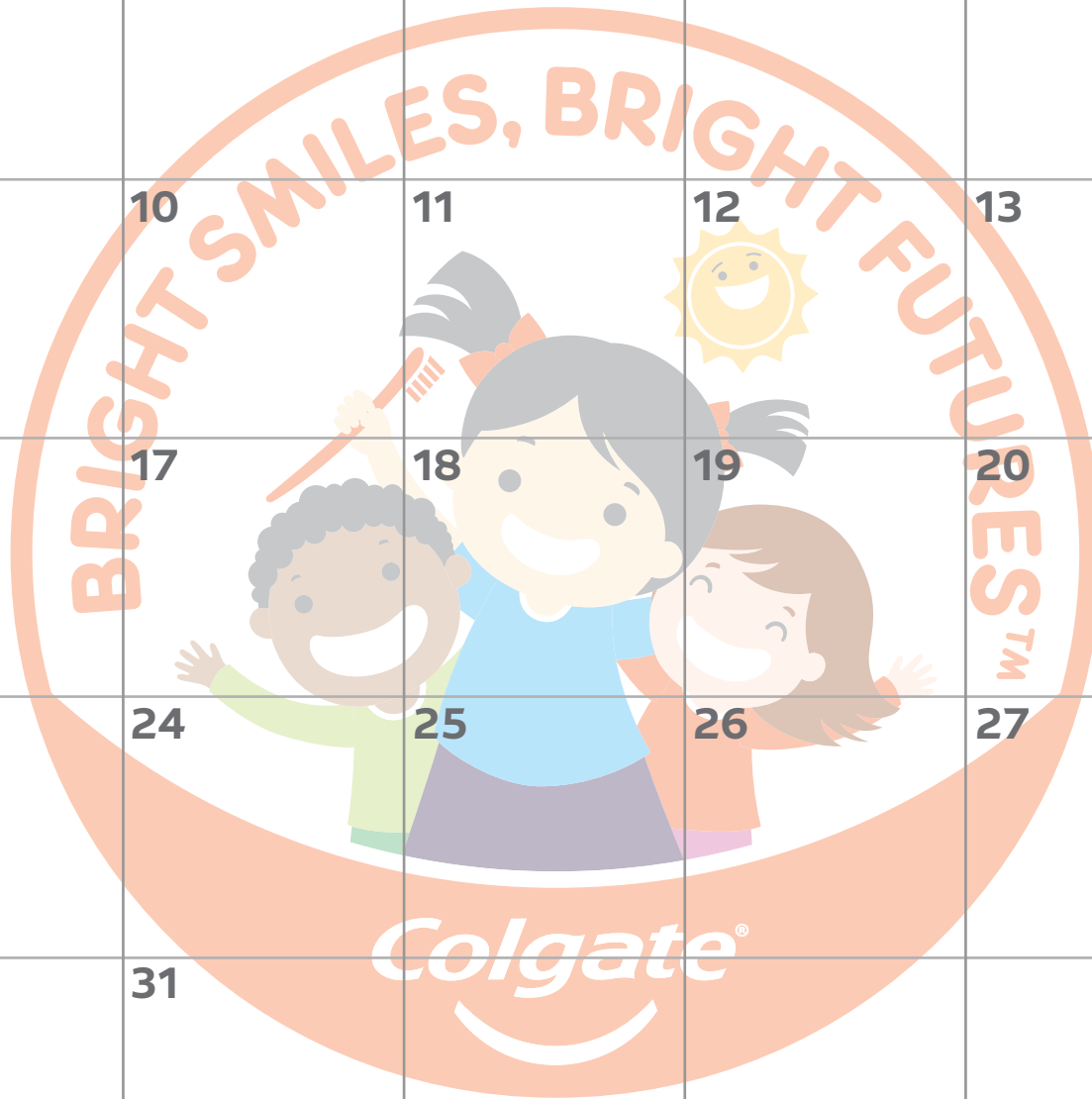


**Brush your teeth** thoroughly with fluoride toothpaste at least twice a day — especially after eating breakfast and before bedtime.

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# April

Kenya



**Name:** Dhruvi Vipulbhai Patel **Age:** 9

**School:** Shree Cutchi Leva Patel Samaj School, Nairobi, Kenya

Dhruvi lives in a city with her parents and older brother. She speaks Gujarati and English, and is also learning Kiswahili and French at school. She plays the flute. She also loves to paint and play netball.

Dhruvi loves to read. Her favorite subjects at school are...all of them! But, she especially likes math and art. Walking through Mamba Village, Dhruvi often sees all kinds of animals, including rabbits, crocodiles, and even giraffes.

**Favorite Music:** Pop

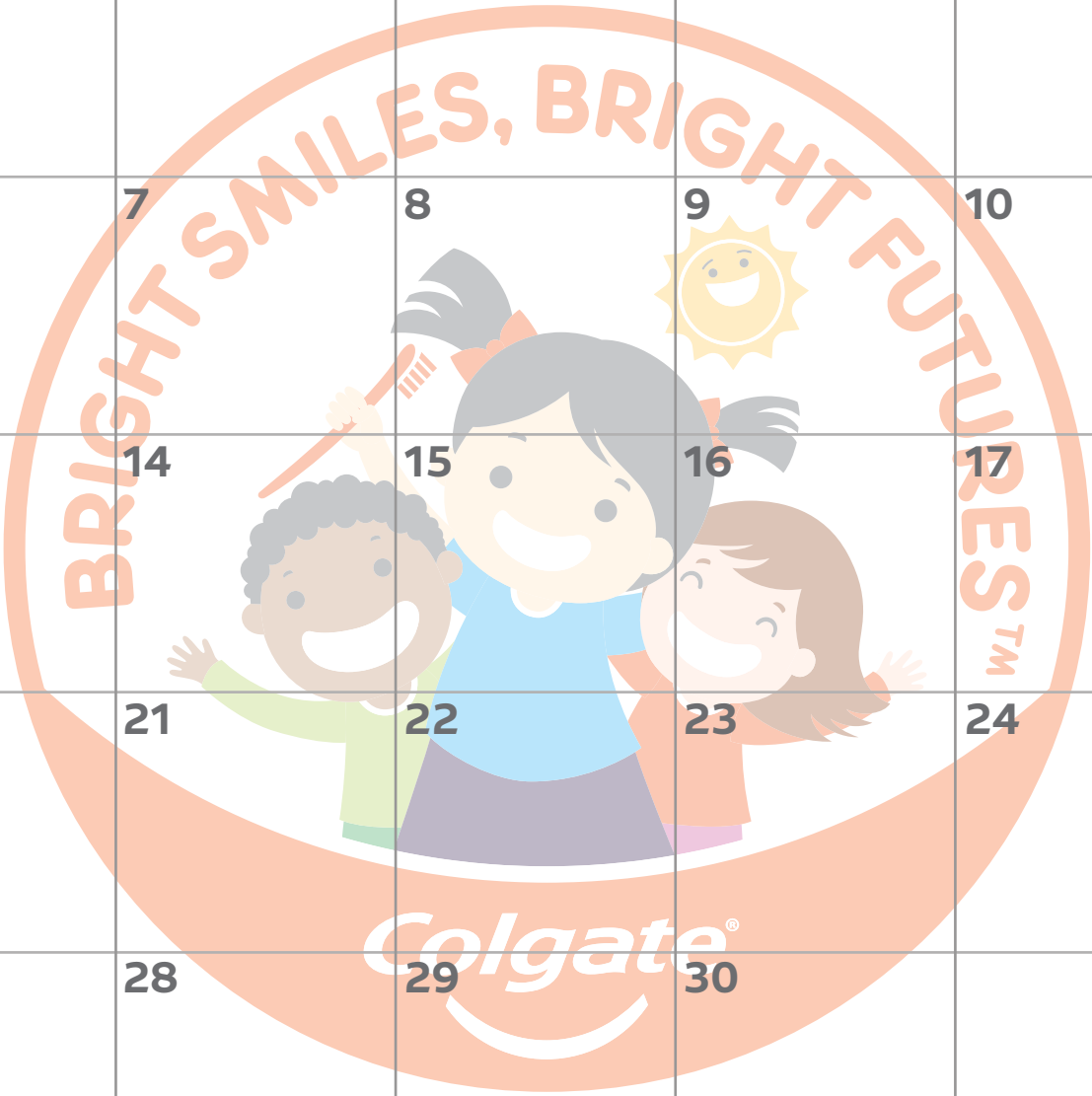


A world of healthy teeth is a **world** full of bright smiles! What other places in the world would you like to visit?

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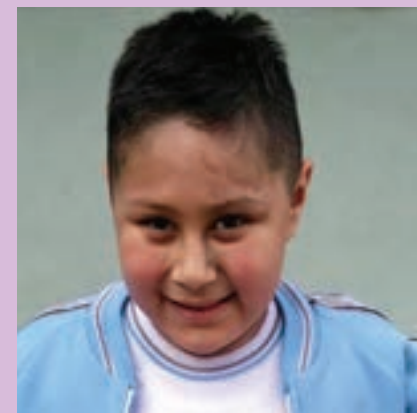
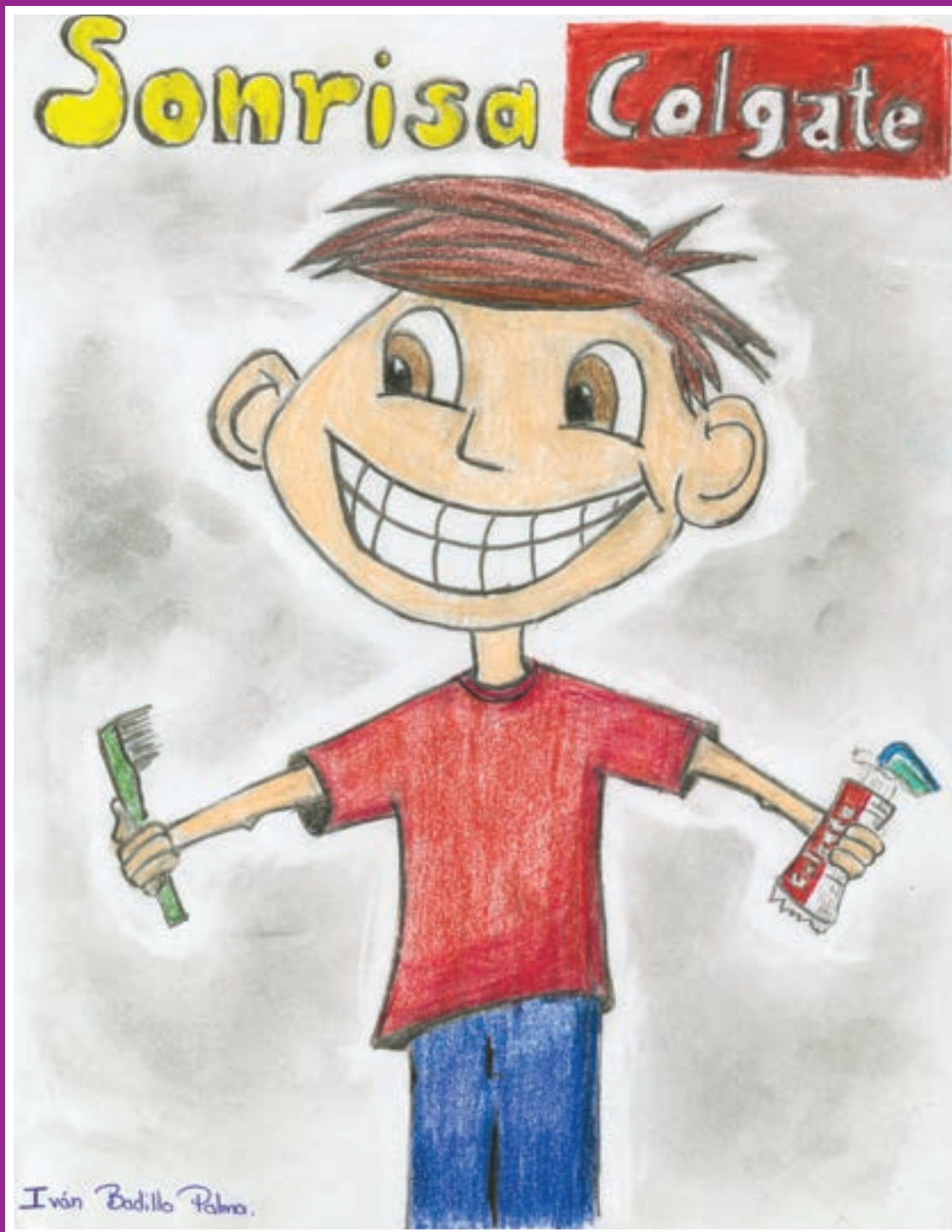


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# May

Mexico



**Name:** Iván Badillo Palma

**Age:** 8

**School:** Ignacio Manuel Altamirano, Tlalnepantla de Baz, Mexico

Iván lives with his mother in the warm city of Tlalnepantla de Baz. He is learning English at school, but his favorite class is Spanish. He loves to read and likes his teacher because she reads aloud to his class of 32 students.

Iván plays the flute and his favorite food is tacos. Someday, he wants to travel to California and visit Universal Studios.

**Favorite Sport:** Taekwondo

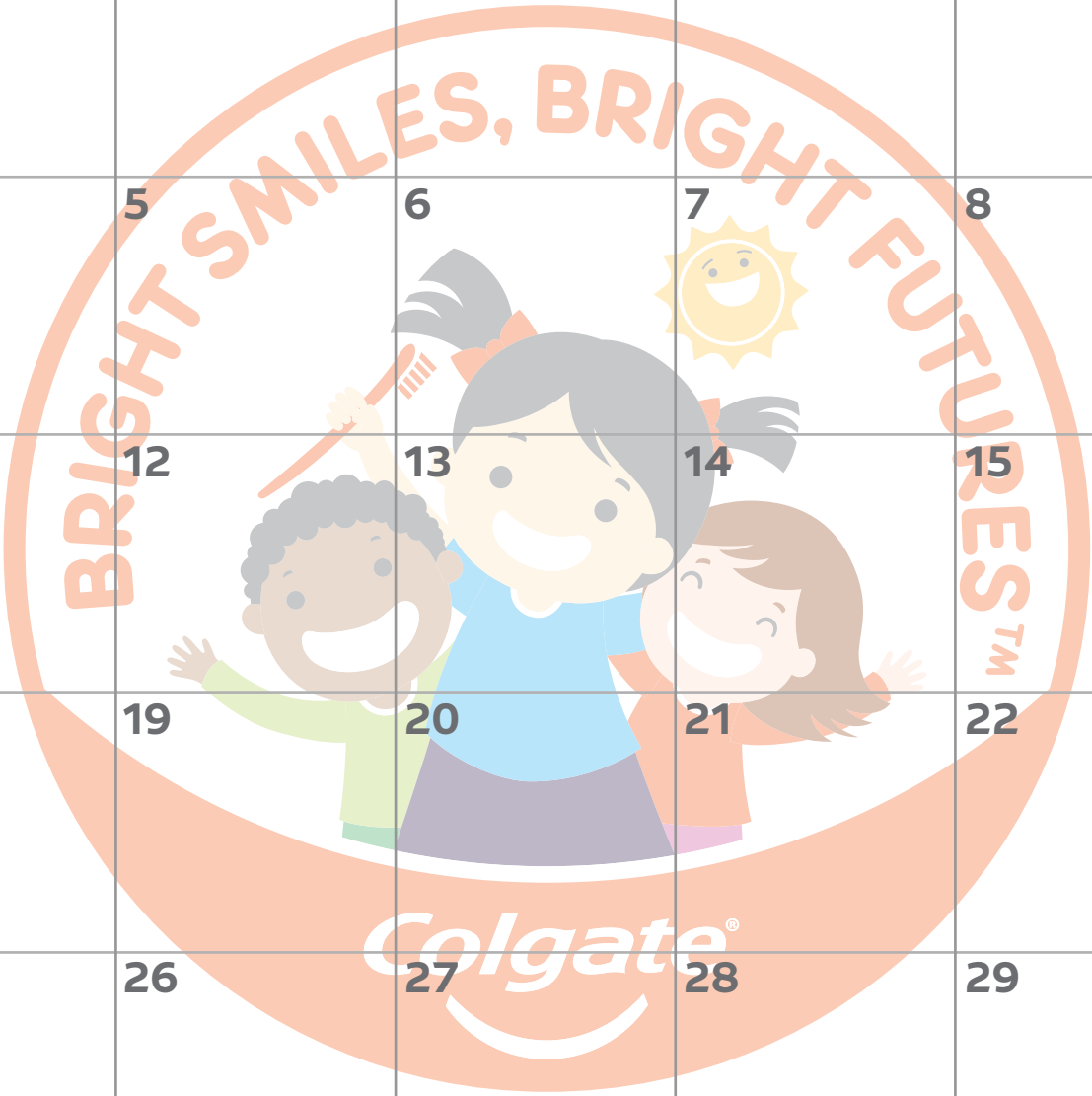
## Bright Smile Tip

Ask your dental professional about **sealants**. Sealants are a thin protective covering for your permanent molars. They prevent food from getting stuck in the pits and grooves of your back teeth.

 **selladores dentales** 



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# June

Myanmar



**Name:** Ma Kyi Shin Thant **Age:** 9

**School:** Basic Education High School No. 2 Kamayut, Yangon, Myanmar

Ma Kyi Shin lives with her family and two cats. She speaks Burmese and is learning English. Her favorite things to do are draw, play, and listen to hip hop. Her favorite sport is archery.

Ma Kyi Shin travels to school by bus. Her favorite subjects are math and English. When she grows up she wants to become an artist.

**Favorite Food:** Sausage and eggs

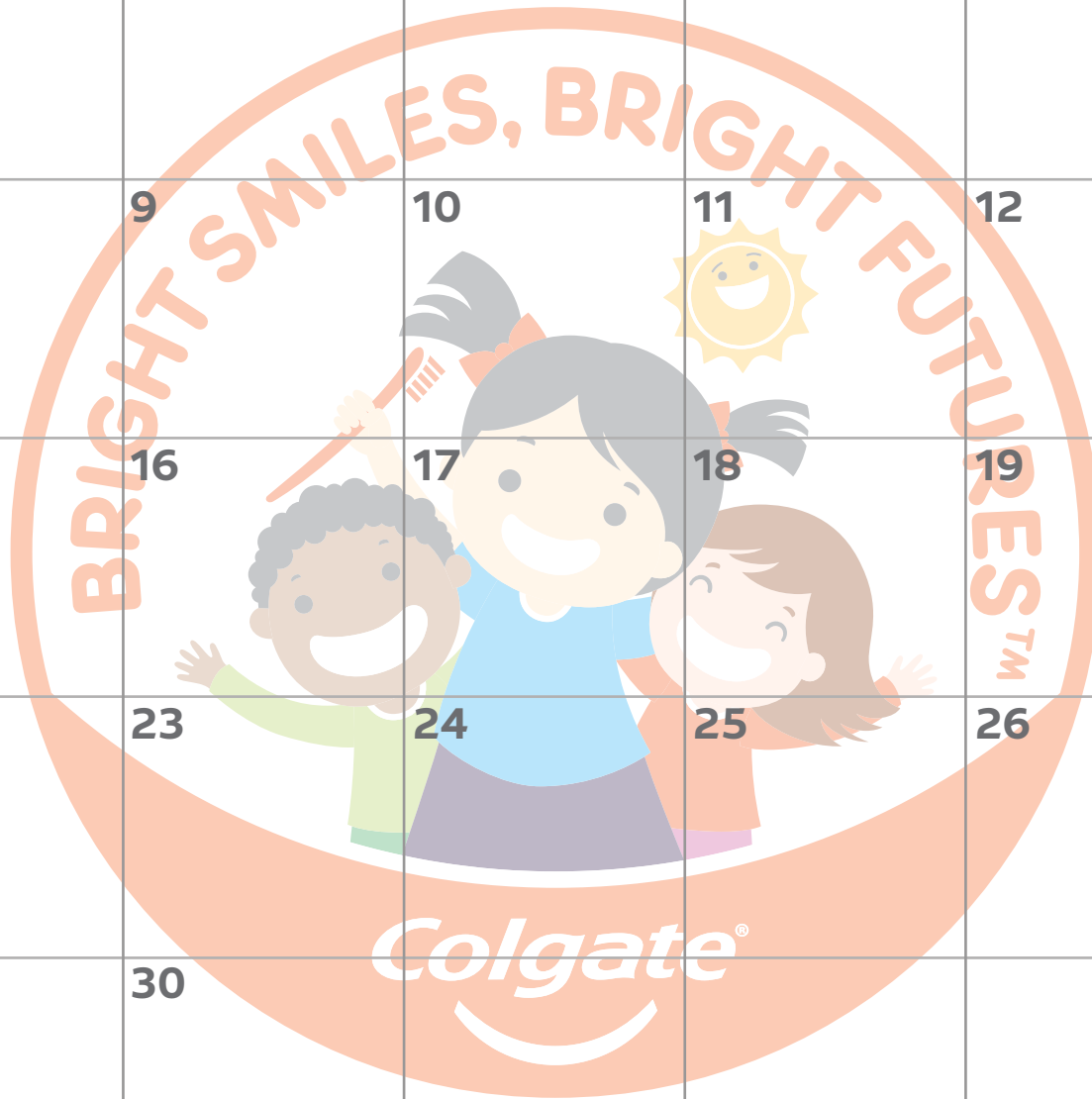


To maintain a healthy smile,  
**Floss** daily!

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# July

Pakistan



**Name:** Ayyan Bin Irfan **Age:** 7

**School:** The Educators Jinnah Campus, Lahore, Pakistan

Ayyan lives in the city of Lahore, the culturally rich city of Pakistan. His favorite part of the school day is when he gets to play games with his classmates. Most days he eats rice and sandwiches for lunch, but if you were to visit his family he would serve you nan channay, which is a type of bread with a curry made with chickpeas.

Ayyan's favorite holiday is Eid al-Adha, which he celebrates with his family. If he could travel to anywhere in the world, he would go to England.

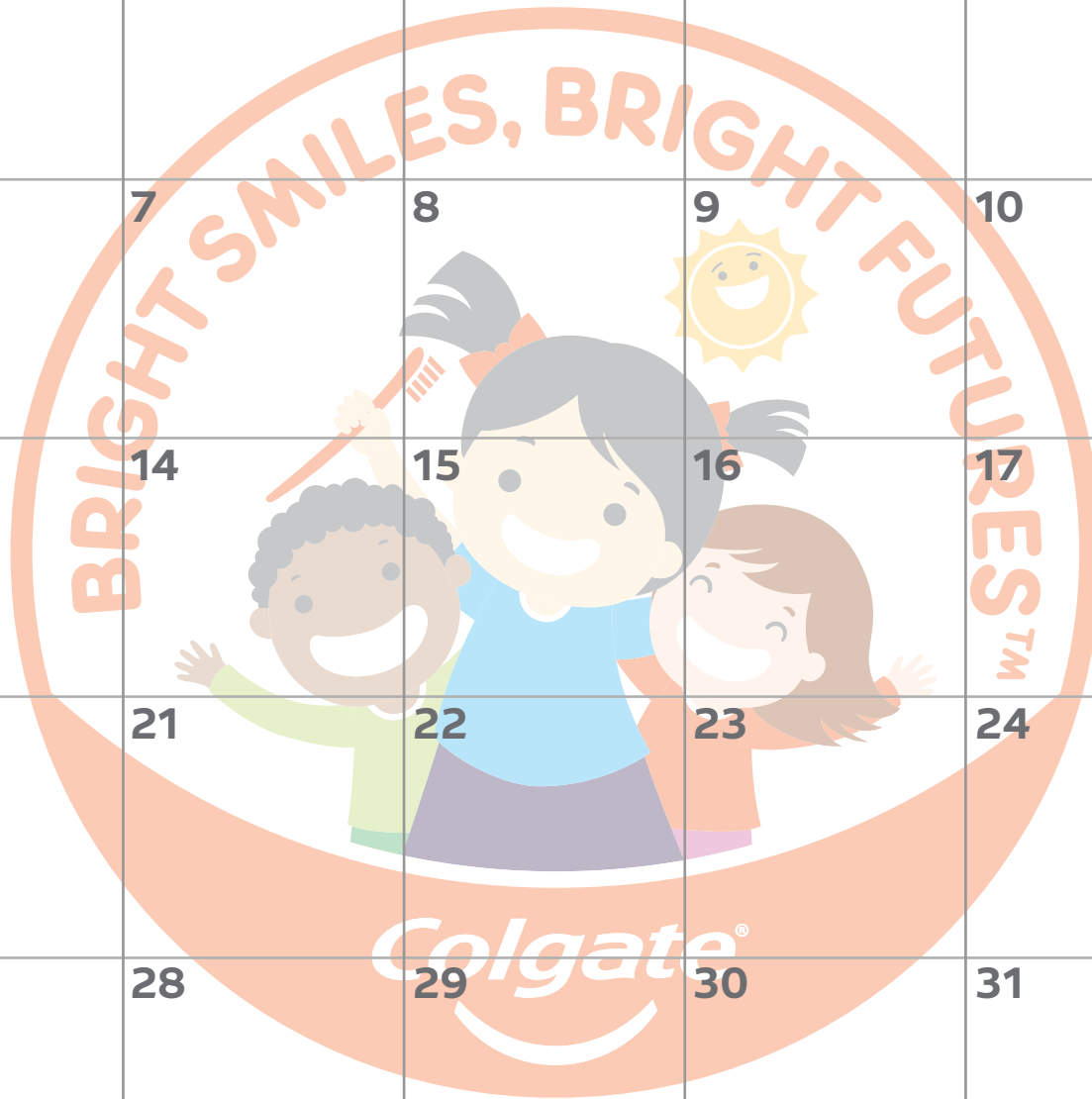
**Favorite Season:** Winter



Protect your teeth with a **mouthguard** when you play sports. If you do, your smile can last a lifetime!

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# August

Philippines



**Name:** Obryaine Zyea D. Floriano **Age:** 6

**School:** Epifanio Delos Santos Elementary School, Malabon City, Philippines

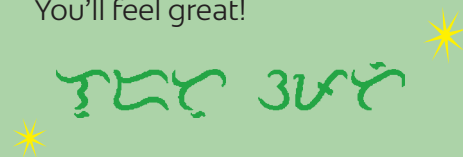
Obryaine lives with her parents and grandparents. They have several cats and dogs. Her family speaks Tagalog and English (which is also her favorite subject at school). She loves to draw and read. When she grows up, she wants to become a policewoman.

If you went to visit her in the Philippines, Obryaine would take you to see Ocean Park, Luneta Park, and the Manila Zoo. She would also cook crab with coconut milk for you to eat. If she could visit anywhere in the world, she would visit the United States of America.

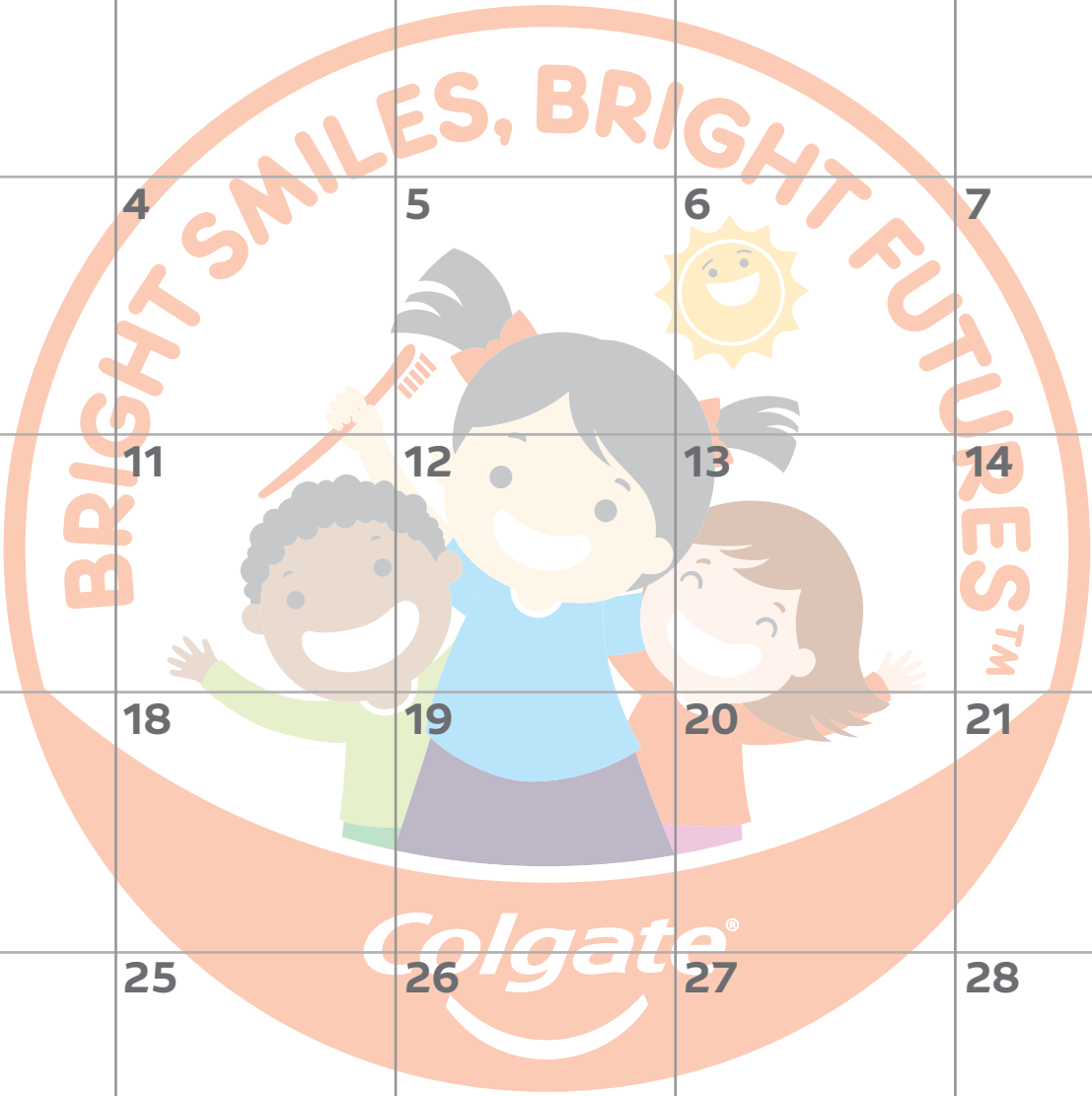
**Favorite Music:** Rock



Brush thoroughly at least twice a day with **fluoride toothpaste**. You'll feel great!



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# September

Romania



**Name:** Alecsia-Maria Popa

**Age:** 9

**School:** NicuEnea School, Bacău, Romania

Alecsia-Maria lives with her parents and little brother. They have several pet fish and a dog named Bruno. They speak Romanian at home, but Alecsia-Maria is also learning English.

She likes the city she lives in because she gets to experience all four seasons every year. She loves to dance, paint, and sing. She also likes to do gymnastics. Her favorite thing to eat for dinner is pizza with vegetables.

**Favorite Season:** Autumn

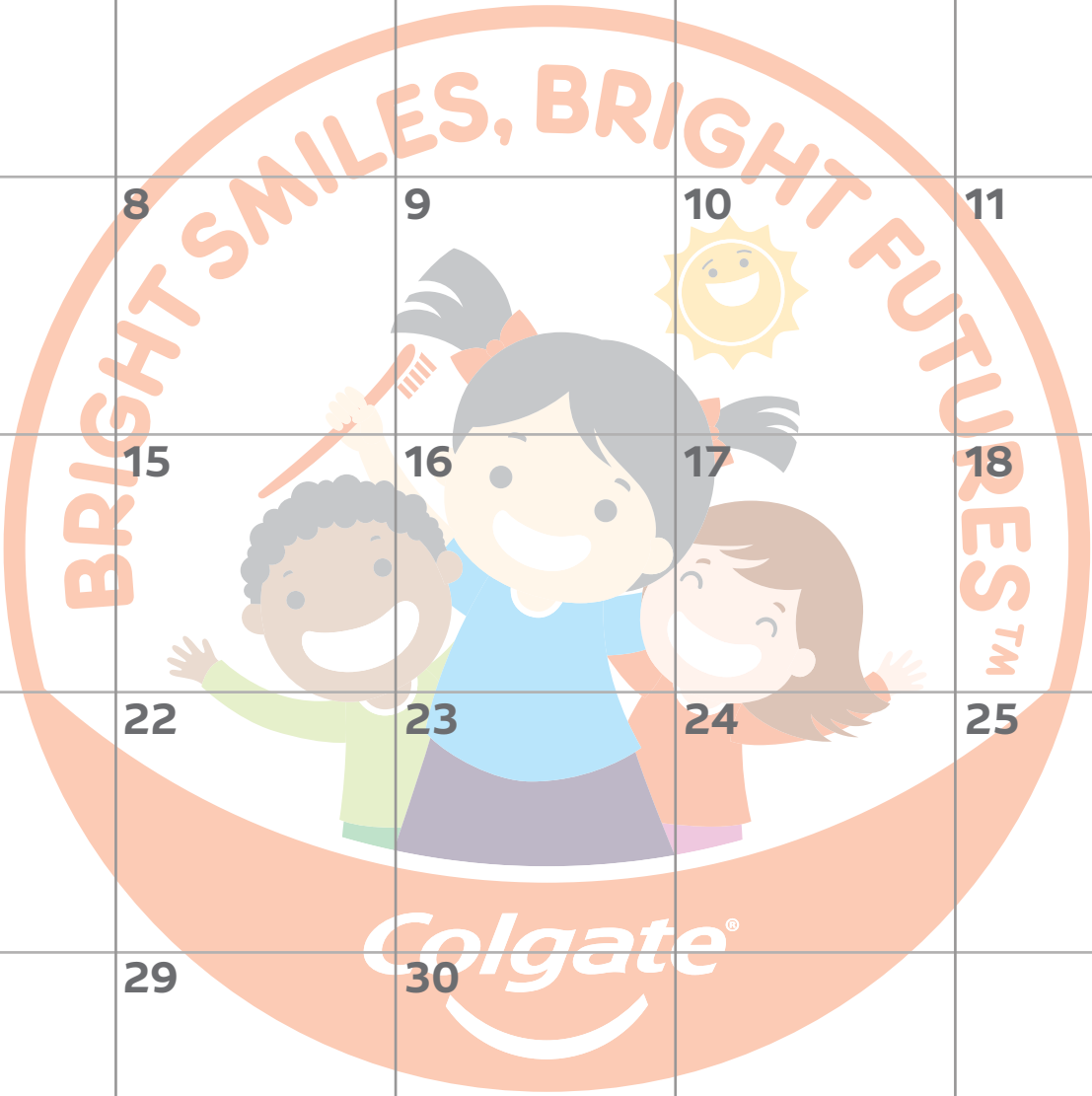


Your teeth can last a lifetime if you take care of them! Remind your **friends!**

☀ **prieteni** ☀



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# October

Tunisia



**Name:** Ons Bouzidi **Age:** 9

**School:** Al Farabi School, Sahline, Tunisia

Ons lives in the city of Sahline with her mother, father, brothers, and cat. They speak Arabic at home, and she is also learning French at school. Her favorite food is couscous, and when she grows up she wants to be a teacher. If you were to visit Ons, she would take you to some of the most famous places in Tunisia, including the Bardo National Museum, the amphitheater of El Jem, and the old Medina of Sousse. She'd also want you to see some of the beautiful, famous beaches of Tunisia.

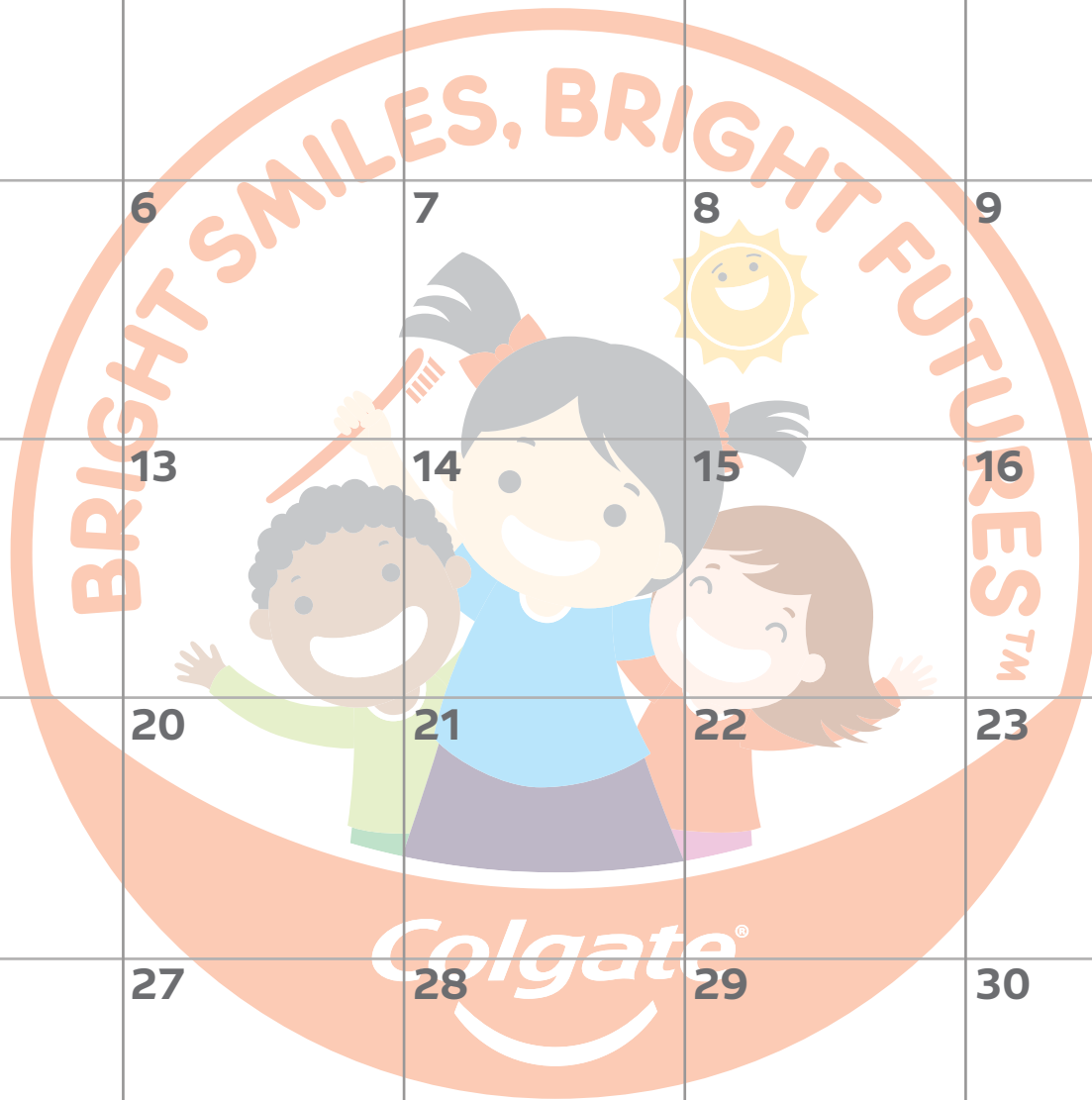
**Favorite Holiday:** Aid el Fetr



**Floss** every day! If you are under 8 years of age, have a grown-up help you. Flossing gets rid of food and plaque that brushing may miss.

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# November

U.S.A



**Name:** Gracie Gerber **Age:** 8

**School:** Holy Cross Catholic School, Defiance, Ohio, U.S.A

Gracie lives in a small town with her mother, father, and sister. They have two dogs and four fish. They speak English at home, and she is learning Spanish at school. Her favorite things to do are swim, make art, and play with her sister, Zoe.

Gracie plays the guitar and dances. Her favorite subjects at school are art and science, and she loves her teacher for making learning so much fun!

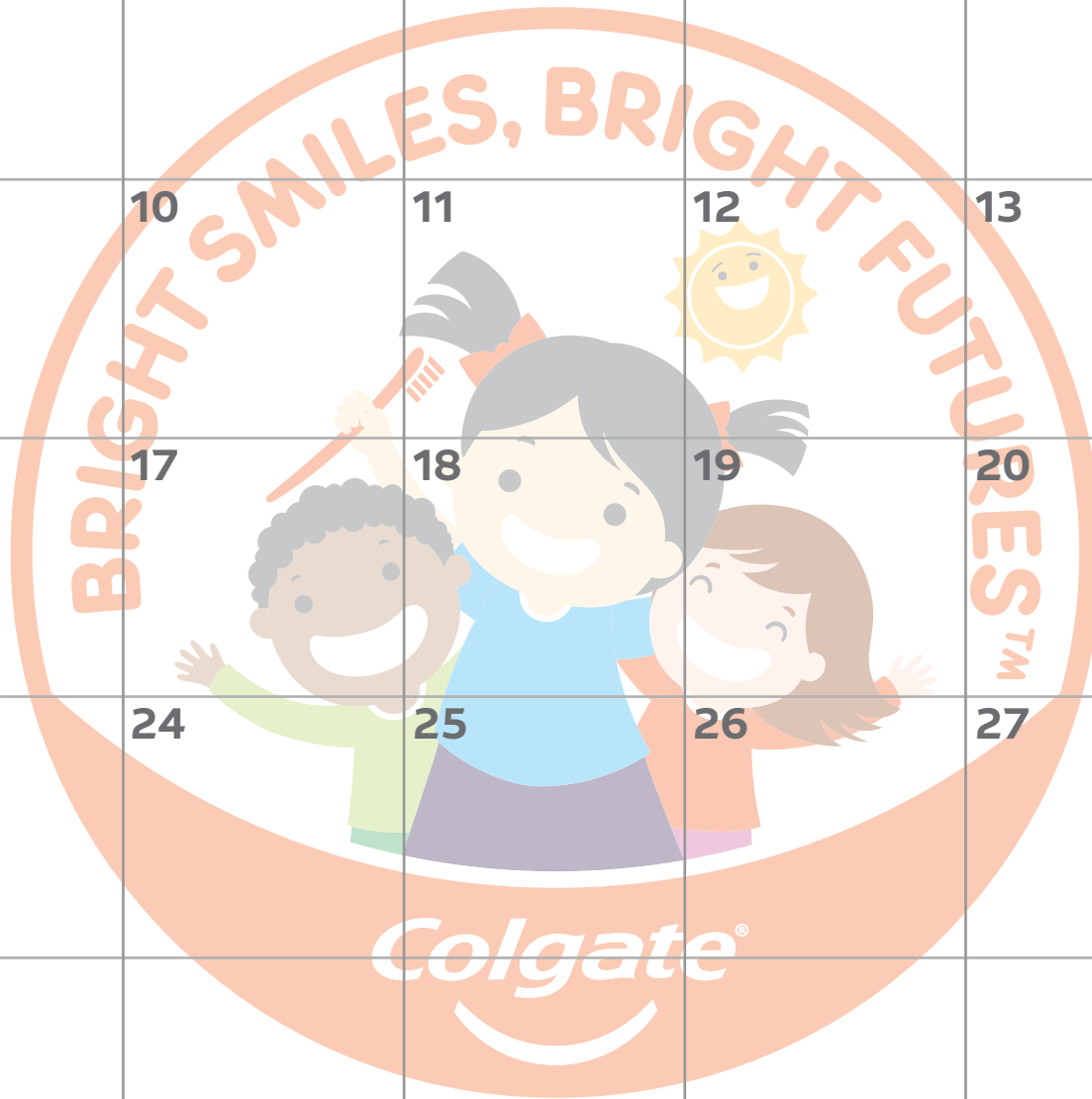
**Favorite Music:** Rock



Limit the number of times you eat snacks each day. This will help keep the **plaque** away!



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# December

Uzbekistan



**Name:** Artur Giniyatulin **Age:** 9  
**School:** #5 of Tashkent City, Tashkent, Uzbekistan

Artur lives with his mother, sister, and brother in a city that is usually very hot! They speak Russian at home. He's also learning to speak English and Uzbek at school. His favorite subject is math.

When Artur grows up, he wants to become a football player. His favorite holiday is his birthday, because his mother decorates their apartment, cooks treats, and invites his friends over. If he could visit anywhere in the world, he would go to England.

**Favorite Season:** Spring



Everyone has a **smile**. Be sure to share yours with others.

**tabassum**



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## Honorable Mentions



**Australia,**  
Claudia Fields (Age 7)



**Cambodia,**  
Keng Sophea (Age 8)



**Thailand,**  
Aimmika Boonsawat (Age 8)



**Laos,**  
Mary Thikone Sysombath (Age 9)



**New Zealand,**  
Scarlett Wilson (Age 8)



**Papua New Guinea,**  
Ximone Leonardo Galupo (Age 8)



**Russia,**  
Eva Avetyan (Age 8)



**Fiji,**  
Umair Hassan (Age 6)



**Morocco,**  
Jihane Ghaddou (Age 8)



## COVER ART

**Name:** Poonyisa Sodsa **Age:** 9

**School:** Anubaan Chiang Mai School, Chiang Mai, Thailand

Poonyisa lives with her mother, father, and cat. She speaks Thai at home and is learning English at school. She loves to draw, play badminton, and eat fried chicken, although her favorite food is Pad Thai.

Poonyisa goes to school by motorbike with her parents. She likes her teacher because he is funny and makes her laugh. If you were to visit Poonyisa in Thailand, she would take you to see a rice field, an elephant camp, and the Doi Suthep temple.

**Favorite Holiday:** Christmas



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