



WEST PARK PRIMARY SCHOOL
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HEADTEACHER: BRIONY JONES

21.1.19

Dear Parents/Carers,

This half term we want to address the issues around **Dental Hygiene**. According to a survey the children took part in, only **46%** of pupils in key stage 1 said they brush their teeth twice a day. This means that **54%** are not!

All children should be brushing their teeth **twice a day**. Children should brush their teeth in the **morning** after breakfast and at **night** before bed for **2 minutes**.

This will help to:

- keep their teeth and gums clean and healthy
- protect the enamel
- avoid the build-up of plaque
- get rid of the harmful bacterial in our mouth
- keep our breath smelling fresh
- have a lovely smile



In school your child will be:

- learning the importance of dental hygiene
- creating instructions and a class video for how brush your teeth correctly (look out for these on the school website in the class pages)

As a way of promoting Dental Hygiene there was a fabulous assembly today and we will be sending each child in school home with a free toothbrush and sample of toothpaste.

At home we would like you to:

- help and encourage your child to take part in the Colegate Challenge (see the chart on the back)
- be mindful of the sugar content in foods (sugar leads to tooth decay)
- make an appointment at the dentist. Children should be visiting the dentist at least twice a year from the age of one. If you are not registered at a dentist then please do so. This link will help you find your nearest free surgery <https://www.nhs.uk/>

Our teeth are very important in our day-to-day life. We are teaching the children about choices and healthy lifestyles. The impact of not brushing your teeth regularly will result in unhealthy teeth.



We aim to promote healthy lifestyles and by brushing your teeth twice a day and making regular visits to the dentist your child will have healthy teeth.

Thankyou for your continued support and we hope your child/children enjoy using their new toothbrushes.

Miss Fox

MY TOOTHBRUSHING CHART

HELLO,

CHILD'S NAME

I'M DR. RABBIT

WELCOME TO THE TOOTHBRUSHING CHALLENGE

BRUSH TWICE DAILY, ALWAYS BEFORE BED AND ON ONE OTHER OCCASION

TICK A BOX
EACH TIME
YOU BRUSH
YOUR TEETH

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7 DAY 8 DAY 9 DAY 10 DAY 11 DAY 12 DAY 13 DAY 14 DAY 15 DAY 16 DAY 17 DAY 18 DAY 19 DAY 20 DAY 21 DAY 22 DAY 23 DAY 24 DAY 25 DAY 26 DAY 27 DAY 28



YOU DID IT!

INVITE OTHER
MEMBERS OF
YOUR FAMILY
TO BRUSH
WITH YOU



Colgate

www.colgate.co.uk