



A tooth special edition

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Newsletter 7

Friday 4th October

“Behind every smile there are teeth” Confucius

Smile it’s Wembrook Teeth Week

Next Monday will see the launch of a very special week, where the whole school will be focusing on dental care.

Every child will be given their own tooth brush and tooth paste, alongside receiving lessons on how to brush their teeth and general teeth hygiene.

The reason for this initiative is that during parent/pupil health questionnaires last year, it was discovered that not all pupils were being supported as much as we would have liked.

The survey suggested that:

- In Reception, one third of the children had not been to a dentist in over a year
- In Year Six, 4 out of ten pupils only brushed their teeth once a day.

We are fully aware of the challenges about getting a dentist and then being able to get an appointment, but we would strongly encourage all parents to get their children into a good dental habit, as early as possible.

All pupils will be bringing home a new tooth brush and tooth paste on Tuesday. If you can support your child it will be a gift that they will retain for the rest of their lives.

The school would like to thank both Asda and Hill Top and Caldwell Big Local for their generosity in supporting this project.



PREVENTING TOOTH DECAY

1

TOOTH TRUTH

Teeth have a protective outer layer called **enamel**. This layer is harder than bone and **protects the tooth like a helmet**.

WHAT YOU SHOULD DO

Avoid **acidic, sour or sweet foods and drinks**, which can eat away at the enamel on your teeth.



TOOTH TRUTH

Cavities (or decay) are caused by bacteria. Without intervention, **bacteria in the mouth will double every five hours**.

WHAT YOU SHOULD DO

Brush at least twice a day to clean the bacteria off the teeth and tongue.

2

3

TOOTH TRUTH

Bacteria eat sugar.

WHAT YOU SHOULD DO

Avoid diets high in sugar, which increase the amount of bacteria in your mouth.



TOOTH TRUTH

As bacteria eat, they produce acid that **breaks down the enamel** in a process called **demineralization**.

WHAT YOU SHOULD DO

Use **fluoride toothpastes**, which can help reverse some of the damage.

4

5

TOOTH TRUTH

If you can **catch a cavity early**, before it breaks through the hard enamel, it is much **easier to prevent more serious problems**.

WHAT YOU SHOULD DO

Getting **regular checkups (at least twice a year)** helps make sure you catch these problems early before anything bad happens.

