

# ABBOTSWOOD JUNIOR SCHOOL

'Helping **everyone** achieve their best'

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Headteacher: Mr G Moore



'It Really Does Matter'

8<sup>th</sup> June 2022

## Healthy Living Day

Dear Parents/Carers,

On Thursday 16<sup>th</sup> June, the whole school will be running a Healthy Living Day. Throughout the day, your child will be learning all about health and what this looks like for the human body.

As part of the day, your child will be learning all about oral health and how to clean their teeth effectively. We will be using disclosure tablets to demonstrate to the children how important it is to clean their teeth thoroughly. During this session, they will be cleaning their teeth with a toothbrush and toothpaste kindly donated by Colgate.

If you have any further questions about this session, please feel free to contact us. Thank you.

Yours sincerely,

Jemma Hatfield  
Healthy Schools Lead





# BE A TOOTH DEFENDER!

Know How To Brush



## 1. Outside

Place brush at angle along outer gumline. Wiggle gently back and forth. Repeat for each tooth.



## 2. Inside

Brush inside surface of each tooth, using wiggling technique in Step 1.



## 3. Way in the back

Brush chewing surface of each tooth.



## 4. Behind Front Teeth

Use tip of toothbrush to brush behind each front tooth, both top and bottom.



## 5. Tongue

Don't forget to brush your tongue.

## Tooth Defender Tips

- Brush at least twice a day with fluoride toothpaste!
- Remember to brush all top and bottom teeth!
- Remember to turn off the faucet while brushing!
- Once teeth are touching, floss once a day to remove plaque!

