



Sherwood Primary School

EYF'S NEWSLETTER

Week ending: Friday 27th September 2024

Shining Stars!

Ayesha
Arlo
Pippa
Dilan

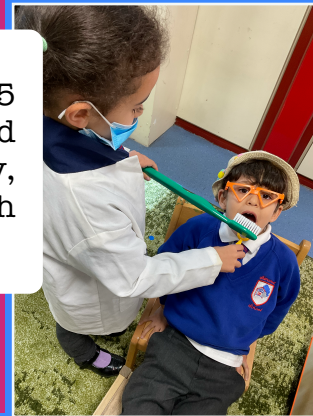
A visit from the dentist

We were very lucky to have a visit from a real **dentist** this week! Charlotte Raimond came to visit us to help us learn all about how to take care of our teeth. We learnt that it is important to brush our teeth **twice a day** for **2 minutes**. We looked at foods and drinks that were healthy for our teeth and not healthy. Have a look at the **oral health** page on the Foundation Class section of the school website for more tips and useful links!



Did you know?...

Nearly a quarter of 5 year olds in England have tooth decay, affecting 3 to 4 teeth on average.



0-6 years

Top tips for teeth

change 4 life

Twice is nice! 

Teeth should be brushed at least twice a day, once before bed and once at any other time that suits your family routine.

Make fluoride your friend 

The amount of fluoride in your toothpaste can usually be found on the side of the tube or on the packaging. Toothpaste should have at least 1000ppm fluoride; 1350 to 1500ppm fluoride gives your child the best protection.

Spit, don't rinse

When we brush, our toothpaste builds a protective layer of fluoride around our teeth. If you rinse your mouth with water, you wash it all away. Spitting will do just fine.

Little mouths need less toothpaste

For kids under three you should use just a smear.
For three to six year olds, a pea-sized amount is perfect.

Be Sugar Smart 

Avoid sugary foods and drink before bedtime. They should be eaten less often and only at mealtimes. Remember, plain water or lower fat milks are best.

start 4 life

Ask your dentist about fluoride varnish to make your child's teeth stronger. All children over 3 years can have this and your dentist may recommend it for younger children too, if they think they may get tooth decay.

On Seesaw this week...

It was so lovely to see the photographs that you shared on Seesaw last week. These really helped the children to talk with confidence during our Key Worker News time. We would love for the children to share another photograph of something they have done this weekend that they can talk about with their friends next week. Thank you!

