

SIR JOHN BARROW SCHOOL



SUCCESSING, ENJOYING, BELONGING

Headteacher: Miss H Pemberton B.Ed (Hons), NPQH

Argyle Street
Ulverston
Cumbria
LA12 0BD
Tel: 01229 483960

Email: admin@sjbarrow.cumbria.sch.uk

Website: www.sjbarrow.cumbria.sch.uk

1st February 2017

Dear Parent /Carer,

In Reception we have been focusing on healthy living and eating. One of the things we have been discussing in class is brushing our teeth.

The government has started to encourage teeth cleaning in schools as well as cleaning the children's teeth at home.

The government states the following guidelines which we will follow:

- The children are always supervised when brushing
- Each child has their own labelled toothbrush
- Toothbrushes are replaced at least once a term or earlier, if needed
- Children have the toothpaste put onto a dry brush, then brush for about two minutes
- The correct amount of tooth paste is distributed on to tissues for your child to brush in a supervised group where they will brush for two minutes. No rinsing takes place, the child is encouraged to wipe any excess paste onto the tissue
- SPIT DON'T RINSE is the most effective way to use fluoride toothpaste.
- Tooth brushing at school supplements the home regime
- Each toothbrush is rinsed thoroughly before being stored away for next time.

Please could you give permission for your child to take part in our class teeth cleaning by filling in the form overleaf.

Thank you,
Mrs Dobson and Miss Sadler

Reception Brushing Teeth.

Name: _____

My child is allowed to take part in brushing their teeth at school.

My child is **not** allowed to take part in brushing their teeth at school.

Signed _____ (Parent/Guardian)