



Tooth brushing in school

Dear Parent/Carer

Tooth decay is the most common reason for hospital admission in school aged students. Whilst largely preventable it remains the most common health problem in the UK.

Over half of adults in the UK have one or more decayed or damaged teeth. Almost 75% of children aged 8-15 years have some tooth decay in their teeth. Children who have toothache or who need treatment may have; pain, infections and difficulties with eating, sleeping, speaking and socialising. They may have to be absent from school and parents may also have to take time off work to take their children to a dentist or to hospital.

As part of Personal, Social, Health and Economic (PHSE) lessons we teach dental health, including the benefits of good oral hygiene, dental flossing and regular dental check-ups, the characteristics of a poor diet, and the risks associated with unhealthy eating, including tooth decay. Within our provision of oral health education, we run daily supervised tooth brushing sessions to reinforce good brushing routines and practises.

We would like to ask for your consent for PCHS to provide a toothbrush and toothpaste for your child and to allow them to take part in our daily dental hygiene routines.

These sessions are in no way a replacement for twice daily brushing at home. Brushing your teeth three times a day increases the life of your teeth and significantly reduces the risk of tooth decay and reduces the risk of heart disease.

Please complete the attached slip and return it to school.

Happy brushing!

Debra Grogan
Headteacher

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Toothbrushing Consent

I consent to PCHS providing tooth brush and toothpaste for (name) _____ and confirm that they can take part in our daily dental hygiene routines.

Parent Name: _____

Date: _____

Parent Signature: _____