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Thursday 05<sup>th</sup> March 2020

Dear Parents and Carers,

We've had an exciting opportunity for visitors from Spa Dental to come into school to speak to the children about teeth and how to keep them healthy. This links with our new Science topic, 'Chew and Poo' where the children will be learning about teeth and digestion. The visit is taking place on Wednesday 18<sup>th</sup> March 2020 and will be **free of charge**.

### **Why are they visiting schools?**

Children can feel anxious visiting the dentist. It's an unfamiliar environment peopled by strangers who want to look in their mouths, which can feel invasive.

SpaDental Plymouth believe it's so important for children to feel comfortable at the dentist. They find asking children questions, along with children being able to ask questions creates a safe, happy environment, so they feel at ease. Their next trip to the dentist will be much easier and they will know what to expect if they have not visited before.

### **What do they do?**

Their talented duo, Heather Cresswell and Lorraine Allen, visit schools to deliver an hour of interactive fun. With lots of enthusiasm, they classify good and bad food and drinks and reinforce oral hygiene procedures. They will discuss how to look after teeth, and end with a brushing demonstration. Each child will be provided with a mouth mirror, toothbrush and timer to keep.

As an element of the talk is interactive, could we ask that the attached permission form is completed and returned as soon as possible. If you have any questions about the visit, please contact your child's teacher.

Many thanks,

Year 4 Team.