**Oral health of young people**

In a recent student questionnaire, the results demonstrated that 1 in 3 students at Aspire were not brushing their teeth twice daily. Good oral hygiene is an important part of personal care. It can help prevent tooth decay, gum disease, bad breath and tooth loss. Poor oral health can affect your ability to eat, drink and communicate. It can also affect your self-esteem, leading you to feel unhappy. We are providing each student with a mini oral health kit to support our students in taking care of their own oral health.

If you would like any further information, please contact Mrs Gregory at l.gregory@aspire.fcat.org.uk