

SS John & Monica Catholic Primary School

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12.10.26

Supporting Your Child's Oral Health

Dear Parents and Carers,

We are pleased to let you know that Birmingham City Council has provided our school with free toothbrushes and toothpaste as part of the Birmingham Supervised Toothbrushing Programme.

The programme aims to support and improve the oral health of children aged 3–5 years, particularly those living in areas where there are higher levels of tooth decay. Children in our local area are at a higher risk of tooth decay compared with children in some other areas of Birmingham, so it is especially important that we work together to help children develop good oral health habits from an early age.

As part of our PSHE lessons on healthy lifestyles, children will learn about the importance of looking after their teeth. We will talk about how and why we brush our teeth, the importance of brushing regularly, and other ways we can keep our teeth and gums healthy.

Now that the children have been introduced to this learning in school, we are delighted to send each child home with a free toothbrush and tube of toothpaste so that they can continue practicing good toothbrushing habits at home with your support.

Please support and supervise your child when brushing their teeth and encourage them to develop a good toothbrushing routine.

By working together, we can help our children develop healthy habits that will protect their teeth now and in the future.

Thank you for your continued support.

Kind regards,
Mrs Doyle