

11th November 2022

Dear Parents and Carers,

### Remembrance Day



Today at 11am we marked a two minutes silence to honour armed forces members who have died in the line of duty. Poppies and merchandise has been sold this week and we thank families for their contributions.

### 100% Attendance

Well done to all the children who received a certificate in assembly last week for being in school every single day last half term. Families should have seen their certificate and will receive a text to make you aware of this outstanding achievement. As a reward the children will be able to come into school dressed in their own clothes on Thursday (17th) next week.



### Children in Need

On Friday 18th November we will be holding our Children in Need day. This years theme is "The Great SPOTacular."

Children are invited to wear something SPOTTY or PYJAMAS and we kindly ask children to donate £1.

The funds raised will be donated to BBC Children in Need.

Thank you for your continued support.



### Mental Health

[This May Help](#) is a new national initiative providing mental health advice to parents and carers who have concerns about their child's mental health. This resource has been produced by the Quality Improvement Taskforce for Children and Young People's Mental Health, Learning Disability and Autism Inpatient Services.

The website gives easy-to-follow advice to help families manage their child's mental health. This advice was developed by NHS professionals and parents who've been through their own child's mental health journey. Parents and carers have shared advice that helped them and that may also help other families.

The advice covered on [This May Help](#) includes self-harm, gaming and online activity, teenagers' safety, eating disorders, school avoidance, understanding mental health, understanding teenagers, online threats, building rapport, building resilience, building a support network, self-care tips, managing an emergency, managing in a crisis, and preparing for a child and adolescent mental health services (CAMHS) appointment. Gary Lineker, Myleene Klass, and Tanni Grey-Thompson are amongst presenters featured.

### Big Brush Month 2022: Let's get Oldham's children brushing this November

As you are aware children's oral health in Oldham is one of the worst in the country and is a major concern. Big Brush Month is a local campaign supported by Oldham Council and Northern Care Alliance NHS Foundation Trust and is a fantastic opportunity to promote the key toothbrushing messages. Throughout the month we want all partners and agencies who work with families and young children to help raise awareness by promoting the following:



- Brush teeth twice a day especially at bedtime and at one other time in the day
- Use a family toothpaste that contains at least 1350 to 1500 ppm fluoride to give the best protection
- Use a smear of family fluoride toothpaste for children under three and from three use a small pea size amount
- Clear mouth out after brushing and do not rinse with water
- Help children to brush their teeth until they are at least seven years old.

We wish to share this video [Top toothbrushing tips for home](#)

To help you support and promote Big Brush Month please find attached:

1. Top tips for teeth poster
2. Brushing twice is nice - toothbrushing chart
3. The Big Brush Quiz

### Let's get reading - BOOM Reader

*"If you are going to get anywhere in life you have to read a lot of books." - Roald Dahl*



Well done to all the children and families who have logged onto Boom reader. We are pleased to announce the most home reading logs recorded on Boom reader this week.

| Position     | Name                    | Reads at home |
|--------------|-------------------------|---------------|
| First Place  | Haroon Mohammad Class 6 | 50 home reads |
| Second place | Saaliha Gul Class 6     | 22 home reads |
| Third Place  | Zorez Khan Class 6      | 20 home reads |

### Spelling Shed Winners

| Place | Total points awarded for correct spellings | Child                    |
|-------|--|--------------------------|
| 1st   | 111,130,444                                | Anus Kousar - Class 11   |
| 2nd   | 64,164,110                                 | Hadi Malick - Class 11   |
| 3rd   | 33,652,670                                 | Fatima Mallick - Class 7 |



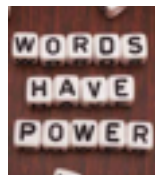


### TT Rockstars - CELEBRATIONS!

|                         |                                  |
|-------------------------|----------------------------------|
| The most accurate Class | Class 11                         |
| The most active class   | Joint first - Classes 1, 4 and 6 |
| The most improved speed | Alyaan Raof Class 2              |
| The most active child   | Anus Kousar Class 11             |

### Word Aware

This week's word is 'disguise'. Please encourage your child to use this word when out and about and complete the activities, which Miss Varley will share on Class Dojo.



### Dates for next week:

**Thursday 17th November** - Whole School pantomime "Robin Hood" AND non uniform day for 100% attendance children from last half term









**Friday 18th November** - Children in Need day (see above)

# Brushing twice is nice



## Toothbrushing chart

Get into the toothbrushing habit

|           | Week 1  | Week 2  | Week 3  | Week 4  |   |   |   |  |
|-----------|---|---|---|---|---|---|---|--|
| Monday    | <br><input type="checkbox"/> | <br><input type="checkbox"/> | <br><input type="checkbox"/> | <br><input type="checkbox"/> | <br><input type="checkbox"/> | <br><input type="checkbox"/> | <br><input type="checkbox"/> | <br><input type="checkbox"/> |
| Tuesday   | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>   |
| Wednesday | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>   |
| Thursday  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>   |
| Friday    | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>   |
| Saturday  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>   |
| Sunday    | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>   |

✓ Tick each box when you have brushed your teeth.

Brush your teeth twice a day, once before bed and once at any other time.

Download the Change4Life Food Scanner App to find out what's in your food and drink.

Search 'Change4Life' to find out more.



start  
4 life



Greater Manchester  
Local Dental Network



# Top tips for teeth

Your kids need help brushing their teeth until they are at least seven years old.



## Twice is nice!

Teeth should be brushed twice a day, once before bed and once at any other time that suits your family routine.

## Make fluoride your friend

The amount of fluoride in your toothpaste can usually be found on the side of the tube or on the packaging.

Toothpaste that contains 1350 to 1500ppm fluoride gives your child the best protection.



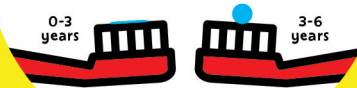
## Spit, don't rinse

When we brush, our toothpaste builds a protective layer of fluoride around our teeth. If you rinse your mouth with water, you wash it all away. Spitting will do just fine.

Ask your dentist about fluoride varnish to make your child's teeth stronger. All children over 3 years can have this and your dentist may recommend it for some children under at risk of tooth decay too.

*Little mouths need less toothpaste*

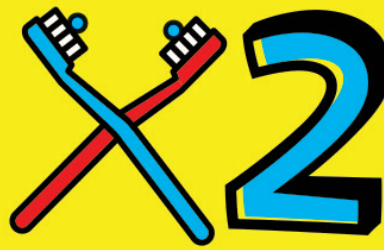
For kids under three you should use just a smear. For three to six year olds, a pea-sized amount is perfect.



## Ask your dentist for more top tips

Brought to you by





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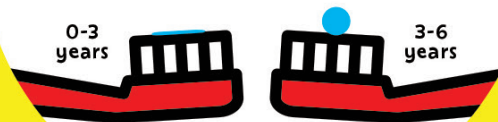
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Top tip

## Ask your dentist for more top tips



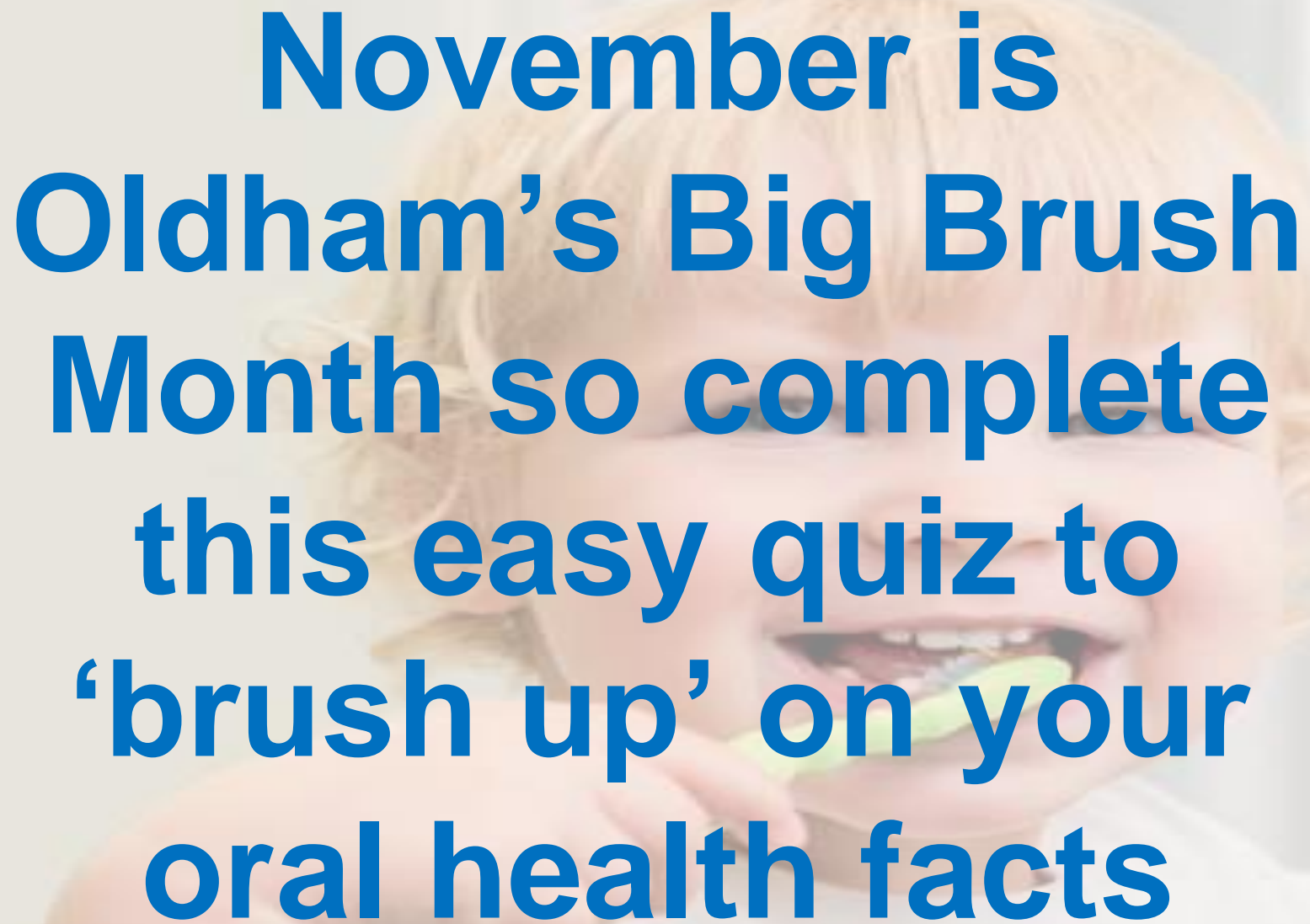
Brought to you by





# The Big Brush Quiz

*'brush up on your oral health facts'*

A young child with blonde hair is shown brushing their teeth with a green toothbrush. The child is smiling and looking towards the camera. The background is a soft, out-of-focus indoor setting.

**November is  
Oldham's Big Brush  
Month so complete  
this easy quiz to  
'brush up' on your  
oral health facts**



**Q1. When should you start to brush baby's teeth?**

- A. when baby is 1 year old**
- B. as soon as the first tooth appears**
- C. when all baby teeth have come through**



**A1. When should you start to brush baby's teeth?**

**B. as soon as the first tooth appears**



**Q2. How many times a day do experts recommend teeth should be brushed?**

- A. once a day**
- B. after every meal**
- C. at least twice a day**



**A2. How many times a day do experts recommend teeth should be brushed?**

**C. at least twice a day**



**Q3. How long should teeth be brushed for?**

- A. two minutes**
- B. one minute**
- C. three minutes**



## **A3. How long should teeth be brushed for?**

### **A. two minutes**

Download the free DJ Brush App supported by the NHS. It uses music to make brushing teeth fun, playing 2 minutes of music taken from smartphone or tablet to encourage brushing.



**Q4. When is the best time to brush teeth?**

**A. after every meal**

**B. in the morning**

**C. last thing at night and one other time**



# A4. When is the best time to brush teeth?

**C. last thing at night and one other time**

Bedtime brushing is best as the fluoride in the toothpaste works whilst we sleep.

Also brush at one other time in the day e.g. morning.





**Q5. What age is it recommended that children need help with brushing?**

- A. at least 5 years old**
- B. at least 7 years old**
- C. at least 3 years old**



# A5. What age is it recommended that children need help with brushing?

**B. at least 7 years old**

It takes time to develop the right toothbrushing technique and young children lack the manual dexterity to brush effectively.



**Q6. Oldham's children should use family toothpaste containing levels of fluoride (ppmF) between?**

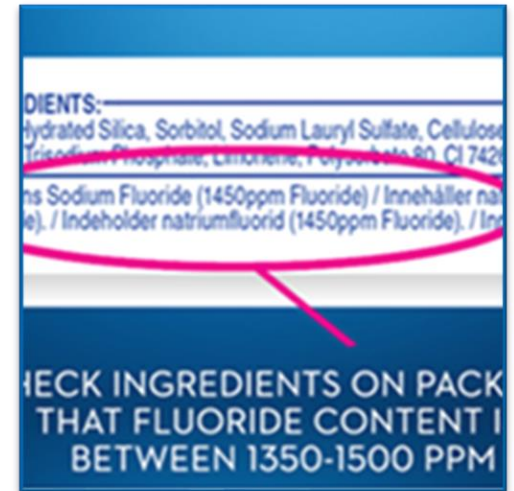
- A. 500 – 900 ppm Fluoride**
- B. 900 – 1000 ppm Fluoride**
- C. 1350 – 1500 ppm Fluoride**



**A6. Oldham's children should use toothpaste containing levels of fluoride (ppmF) between?**

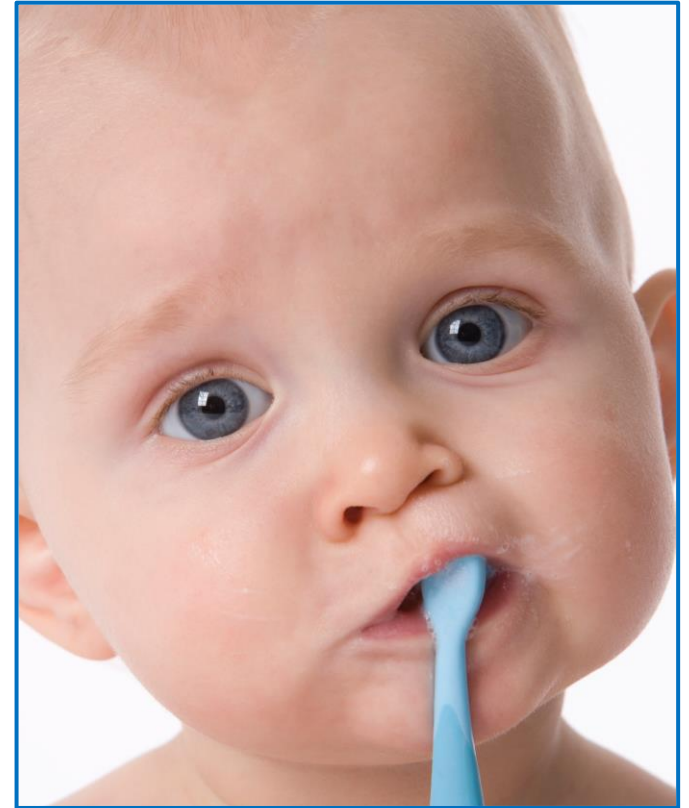
**C. 1350 – 1500 ppm Fluoride**

Research shows toothpaste with this concentration are most effective in preventing tooth decay.



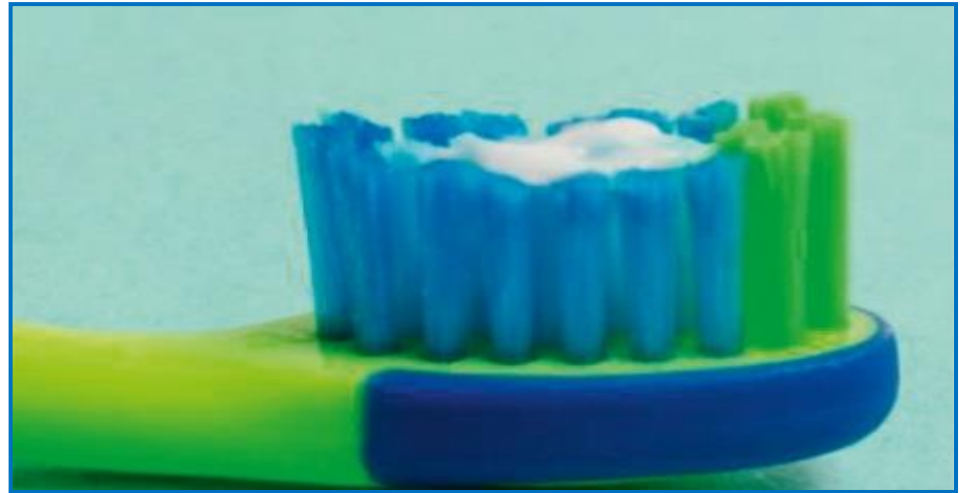
**Q7. How much toothpaste should be used for a child up to 3 years old?**

- A. smear**
- B. pea-size blob**
- C. don't need toothpaste**



**A7. How much toothpaste should be used for a child up to 3 years old?**

**A. smear**



**Q8. How much toothpaste should be used for a child over 3 years old?**

- A. smear**
- B. pea-size blob**
- C. don't need toothpaste**



**A8. How much toothpaste should be used for a child over 3 years old?**

**B. pea-size blob**

From the age of 3 years old children are able to spit out any excess toothpaste.





**Q9. What do experts recommend we do after brushing teeth?**

- A. spit out and rinse using a mouthwash**
- B. spit out and rinse with water**
- C. spit out, but do not rinse**



## Q9. What do experts recommend we do after brushing teeth?

**C. spit out, but do not rinse**

Allowing the fluoride to stay in the mouth longer will help to strengthen the teeth.



# For more oral health information visit

## [Oral Health | Birth to 5 Years | Oldham Council](#)



**The**  
**BIG**  
Brush

Let's get Oldham's children brushing this November

Every child should brush their teeth at least twice a day, especially at bedtime and at one other time during the day.

Visit your local Right Start Children's Centre to buy toothbrushes and toothpaste. Three products for just £1.50\*

\*One item must be fluoride toothpaste

## Be part of Oldham's

# Big Brush

Brush together, smile forever.

Follow the tips below for a healthier, happier smile:

- Remember to brush your child's teeth twice a day especially at bedtime and at one other time in the day - bedtime brushing is best as it allows the fluoride in the toothpaste to work whilst they are asleep.
- Use a family toothpaste that has the right amount of fluoride – ones containing 1350–1500 ppmF are the most effective at helping to prevent tooth decay.
- Use a smear of family toothpaste for children under three years and from three years old use a small, pea size amount.
- Spit out after brushing and do not rinse the mouth out with water, as this will wash away the fluoride toothpaste that strengthens the tooth surface.