



NEWARK HILL ACADEMY



Dear Parent/Carer

As you already know, this year we have participated in the 'My Smile' supervised tooth brushing programme in school. Dental health forms an important part of our Early Years Curriculum and this programme has really enabled us to promote good dental health, whilst having lots of fun too. As well as daily toothbrushing, the children have learnt lots about how we can help to keep our teeth healthy and look after them. The programme has been a big success and we would like to thank you for your support with this. With good dental health being a big priority, we would like to take this as an opportunity to send out a quick reminder of the celebrations policy we hold in school. *Please note nothing has changed with regards to this policy, it is just a reminder of the things we already have in place.*

At Newark Hill Academy, we recognise that a birthday is a very special time for young children and we want to ensure it is celebrated in an enjoyable, and healthy way. We do this by:

- Singing 'Happy Birthday' to the birthday child.
- Allowing the birthday child choose today's story, song or activity.
- We encourage parents/carers to consider bringing in tooth friendly treats, should they wish to bring in anything to share with the class for their child's birthday. For example, this might be fresh fruit that the children do not often have, such as; strawberries, pineapple or kiwi fruit. Non-food items are also permitted, for example; stickers or small stationery items. Any cake or sweet treats that are brought in will be sent home with the children, where parents can then allow to choose to give this to their child.

For any celebrations where we provide food or food-based activities in between meals, we will offer a range of food, drink, activities and prizes that support healthy, tooth friendly choices.

Thank you,

The Reception Team