



Tuesday 17th January 2023

Dear Parents and carers,

At Thomas Whitehead we are currently working towards the My Smile accreditation. This is a quality mark awarded to Early Years settings which fully implement steps to being tooth friendly. In Central Bedfordshire 14.5% of five year olds have tooth decay (Public Health England 2020). One of our Nursery goals this year is for children to learn how to care for their teeth as we feel this is such an important learning experience for young children. Government Early Years Guidance also recommends that children learn about healthy choices including oral hygiene.

Snack Time

Milk and water are readily available during the sessions and we provide a range of healthy snacks each day.

Pre-School

Children can bring in an empty water bottle which we can fill each day. We will also start encouraging children to learn to drink milk or water from a beaker.

Nursery

We will be encouraging all children (unless there are exceptional circumstances) to drink from a beaker as this is better for your child's teeth. Milk and water are readily available throughout the session. During the summer months an extra water bottle may be necessary.

Reception

We would ask that children bring in an empty bottle which we can fill with water each day. This will stay at school, Monday to Friday. Children will still have milk for snack.

For any celebrations where we provide food or food based activities in between meals, such as when celebrating Christmas, Pancake Day, Easter, Eid, Chinese New Year etc. we will ensure that the food and drink we offer will be tooth friendly **if possible** i.e. fresh fruit/vegetables and savoury items, with milk or water to drink. We will learn about healthy food and treat food.

Birthdays

We recognise that a birthday is a very special time for young children and we want to ensure it is celebrated in an enjoyable, healthy and tooth friendly way. You do not have to bring in anything to share with the class as we ensure that your child is made to feel special on their birthday. However, if you would like to bring something in we ask you to consider non-food items, for example temporary tattoos, bubbles, stickers or small stationery items.

We would like to thank you in advance for your support with this programme.

Kind Regards,

The Early Years Team