

# Benhurst Primary School

Benhurst Avenue  
Elm Park  
Hornchurch  
Essex  
RM12 4QS

Tel: 01708 450807  
Email: [office@benhurst.havering.sch.uk](mailto:office@benhurst.havering.sch.uk)  
Website: [www.benhurst.havering.sch.uk](http://www.benhurst.havering.sch.uk)  
Twitter: @BenhurstPrimary



Head teacher: Mr D. Denchfield BA (Hons) NPQH

Thursday 13<sup>th</sup> February 2020

Dear Parents/Carers,

As part of our 'Burps, Bottoms and Bile' Cornerstones topic, we have lots of exciting activities planned for the next half term. Several of the activities involve the children investigating what happens when they eat certain foods and the processes involved within dental hygiene.

One of the activities we are carrying out involves your child brushing their teeth in school. We will provide a toothbrush and toothpaste for your child to use as part of this activity. After they have cleaned their teeth, they will chew a plaque-disclosing tablet to check how much coloured plaque remains in their mouth. After they have seen any remaining plaque left on their teeth, they will brush their teeth again to remove the remaining plaque. The tablet will not be swallowed. A plaque-disclosing tablet uses a colouring system to differentiate between newer and older plaque, helping your child to see areas they could brush better next time.

Another activity that we have planned involves the children using a Styrofoam plate that will be placed in their mouth, and they will bite down to identify the tooth types from the impressions made in the Styrofoam. The children will remove the Styrofoam immediately after biting down onto it and will be reminded of the safety precautions before carrying out the activity.

In addition, the children will be chewing pieces of crackers for different periods of time and then spitting the pieces into cups. They will then add iodine solution to the crackers to investigate the starch levels to learn about saliva. They will not be swallowing the crackers or the iodine solution.

The final activity your child will be taking part in will involve your child chewing different types of food to enable them to see the types of teeth they will use for the different types of food. We will allow the children to eat the food after they have chewed it. The food they will be testing is marshmallows, apple, biscuit, lettuce, bread, grapes and yoghurt.

The reason we are carrying out these activities is to extend your child's knowledge and understanding on the human digestive system and its functions. In order for your child to take part, please complete and return the slip overleaf by **Monday 24<sup>th</sup> February**.

Should you have any questions, please do not hesitate to contact the class teacher.

Yours sincerely,

Miss Graves and Miss Beach

To: Miss Graves and Miss Beach,

Please tick each box:

I consent to my child brushing their teeth in school, using a toothbrush and toothpaste, and then using a plaque-disclosing tablet

I consent to my child using Styrofoam in their mouth to bite down on

I consent to my child chewing a cracker and then spitting it out in a cup

I consent to my child chewing and eating the food stated in the letter

Child's Name .....

Class .....

Signed ..... Parent/Guardian

