

South Farnborough Junior School

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Headteacher: Mrs J Byrne

2nd October 2026

Year 4 Science Topic: Digestion & Oral Hygiene

Dear Parents/Carers,

As part of our Science topic on Digestion this term, Year 4 will be learning about the importance of dental care and oral hygiene.

To help the children understand how to care for their teeth effectively, we will be using disclosing tablets during a practical classroom activity. Disclosing tablets contain a safe food dye that temporarily highlights areas on teeth where plaque has gathered, helping children see which parts of their teeth need extra attention when brushing.

After using the disclosing tablet, the children will practice brushing the dye away. During this activity, we will be modelling the full two minutes of cleaning time recommended by dentists to ensure teeth are thoroughly cleaned.

To allow your child to participate, please send in the following items for the week of **19th October 2026**:

- **Toothbrush:** Please send in your child's regular toothbrush or regular style. For hygiene reasons, it must be clean, dry, and sealed inside a named plastic bag or container.
- **Toothpaste:** Standard toothpaste will be provided. However, if your child requires a specific type or brand of toothpaste, please send this in alongside their toothbrush.

Your child's teacher will specify the exact day the toothbrush needs to be brought in.

If you have any questions or concerns regarding this activity, please do not hesitate to contact us.

Thank you for your continued support.

Warm regards,

The Year 4 Team & Mr Svensen

