



# TEACHER NOTES

## Introduction



The Aquafresh Schools Club is a two-lesson education programme introducing learners to important facts and information about teeth and oral health. Through curriculum-based literacy resources, children aged 5-7 will learn the science behind teeth and what good tooth brushing and oral hygiene looks like, as well as exploring how cleaning teeth can become fun with the creation of two-minute stories to be read and listened to during brush time.

Kids' oral health is very important. The enamel on milk teeth is 50% thinner than on adult teeth and if they aren't properly cared for then permanent teeth may not come through healthy and strong. New adult teeth can also take up to three years to reach full strength.

Unfortunately, children's oral health in the UK is not in a great place. Every year there are 60,000 school days lost to tooth extractions and poor oral health. Tooth decay affects a staggering 25% of 5-year olds<sup>1</sup> and remains the leading cause of hospitalisation in children aged 5-9<sup>2</sup>.

We know that brushing teeth can be a big challenge for parents. Aquafresh is here to help! These resources are designed to help empower young people to take ownership of their dental hygiene; helping them to understand its importance and to see brush time as fun time (and not a chore)!

For advice on kids' oral health, see:

<https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/>

## Programme overview

This programme is designed to be easily adaptable for the needs of your learners. You could deliver lesson one as a stand-alone activity over an hour, or you could deliver the entire programme over a longer period of time. All content is curriculum linked and there are suggestions for tailoring the activities throughout the resource.

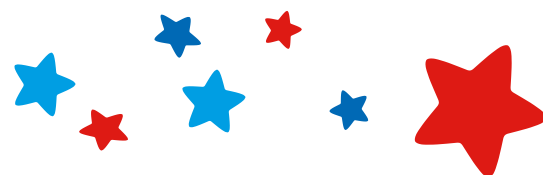
## INCLUDED IN THIS RESOURCE

- 1 x classroom PowerPoint presentation (lesson 1 and lesson 2)
- 1 x Teacher notes (this document)  
(lesson plans, learning objectives and curriculum links)
- 1 x Parent letter (including brushing chart and competition entry form)
- 3 x Learners activity sheets:
  - Healthy for teeth/unhealthy for teeth food cards
  - Story mat and mind map
  - Storyboard and character profiles



<sup>1</sup><https://bda.org/news-centre/press-releases/uk-schools-get-f-for-fail-in-global-survey-of-dental-health> (accessed Feb 2020)

<sup>2</sup><https://publichealthmatters.blog.gov.uk/2017/06/14/health-matters-child-dental-health> (accessed Feb 2020)



## Lesson 1: The Science of Teeth and creating Brush Time Tales

Learners are introduced to the importance of dental hygiene. Through a series of competitive team-based challenges, they will learn fun facts about teeth, how to care for them and practice brushing technique. Using the vocabulary from the lesson as a springboard, they collaboratively create an inspiring two-minute tale. Learners are made aware of and encouraged to enter the Aquafresh Brush Time Tales competition following lesson 1. See [Competition Entry Form](#) for details.

## Brush Time Tales competition

Not all children are brushing their teeth for the recommended two-minutes (in fact, almost 40% brush theirs for less than one minute<sup>3</sup>). Aquafresh are running a national competition to try and address this problem. We're looking for two-minute stories that will entertain children and their parents while they brush their teeth. The winning story will be made available to young people all over the UK; helping the nation brush for the recommended two minutes and making brush time more fun in the process! See [Competition Entry Form](#) for details.

## To be successful

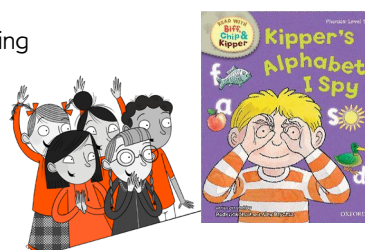
Stories can be about absolutely anything! All we ask is that they take two minutes to read aloud.

## How to enter

Complete a competition entry form and return it to us by **Wednesday 11th November 2020**. You can post your entries to Aquafresh Brush Time Tales, We Are Futures, 1 Paris garden, London, SE1 8ND. Or you can scan or take a high-quality photograph of the form and email it to: [competitions@nationalschoolpartnership.com](mailto:competitions@nationalschoolpartnership.com). Where a printer/scanner is not available, a typed entry submitted via email (word version provided) will also be accepted. Internet access required. One entry per person only. No purchase necessary.

## Prizes

- A copy of their story for themselves and their school, brought to life by illustrator Becka Moor and publicised by Aquafresh.
- An iPad with the latest apps to help encourage those story-writing skills for themselves.
- £500 of Oxford Reading Tree vouchers for their school.
- A stack of Aquafresh samples for their class.



Prizes illustrative purposes only

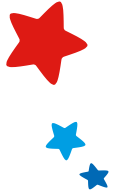
UK and ROI primary school age residents only; normal exclusions apply (see full T&Cs <https://nationalschoolpartnership.com/initiatives/brush-time-tales/>). Entrants must obtain the consent of their parent or legal guardian. Competition entries must be received no later than **Wednesday 11th November 2020**.

**How to enter:** Complete a competition entry form and post it into Aquafresh Brush Time Tales, We Are Futures, 1 Paris garden, London, SE1 8ND or scan/take a high-quality photograph and email to: [competitions@nationalschoolpartnership.com](mailto:competitions@nationalschoolpartnership.com). Where a printer/scanner is not available, a typed entry submitted via email (word version provided) will also be accepted. Internet access required. One entry per person only. No purchase necessary.

**Prizes:** One overall winner will win one Apple iPad, 1x framed illustrations of their winning story by Becka Moor. The school named on the winner's competition entry form will be entitled to receive the prize of £500 of Oxford Reading Tree vouchers, 1x framed illustrations of their winning story by Becka Moor and their class will receive a selection of Aquafresh samples. Winners must accept their prize within 3 working days of being notified. Prizes are subject to availability. Entries cannot be returned and you agree to assign to the Promoter all your intellectual property rights.

Full prize details and T&Cs at <https://nationalschoolpartnership.com/initiatives/brush-time-tales/>. Winning entries chosen by a panel based on engagement and entertainment value. Winners will be notified by 18:00 on Friday 27th November 2020 using the contact details provided with their entry. By entering you agree to your personal data being used by the Partner Agency in accordance with their Privacy Notice [<https://www.wearefutures.com/privacy-policy/>]. Promoter: GlaxoSmithKline Consumer Healthcare (UK) Trading Limited of 980 Great West Road, Brentford, Middlesex, UK, TW8 9GS. Partner Agency: We are Futures a trading division of Accessibility Ltd, 1 Paris Garden, London SE1 8ND.

<sup>3</sup><https://www.mydentist.co.uk/big-smiles-blog/article/the-dental-blog/2016/10/18/parents-in-the-uk-put-the-teeth-of-seven-million-children-at-risk> (accessed Feb 2020)



## Lesson 1: The Science of Teeth and creating Brush Time Tales

The learners will need their tooth brush for this lesson. (The Learners will not actually be brushing their teeth, instead they will be practicing the actions needed for good teeth brushing).

### Resources Required

- Child's toothbrush  
(This will only be a prop, to help them mime)
- **PowerPoint presentation**
- Paper
- Whiteboards (optional)
- Pens or pencils
- Timers/stopwatches
- **Activity sheet 1: Food Cards**
- **Activity sheet 2: Story Mat and Mindmap**
- Dice
- **Parent Leaflet and Competition Entry Form**

### OUTCOMES

- To understand the importance of teeth and looking after them.
- To learn practical ways that they can take care of their oral health.
- To develop reading and writing skills through a range of collaborative and creative challenges.

### Starter: Ready, steady, draw

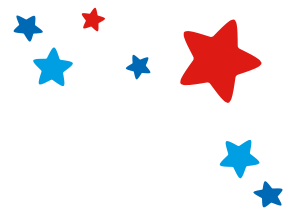
- Encourage learners to draw something that represents what they know about their teeth (**slide 3**).
- Share ideas, assess understanding and correct any misunderstandings.
- Use **slide 4** to introduce the lesson objective: to appreciate how important teeth are and to understand how good oral hygiene can keep teeth healthy.

### Topic Introduction: Oral health

- Display **slide 5**. Why are there two mouth diagrams? (Because we have two sets of teeth in our lifetime).
- Ask one half of the room to count the number of milk teeth (20) on the first diagram. The other half should count all the adult teeth on the other (32). What is the difference? (12).
- Discuss the tooth timeline so learners understand how teeth develop.
- Either tell, or ask learners to suggest, three ways milk teeth are important (**slide 6**). Compare ideas then click to reveal answers on the board.
- Emphasise that the enamel on milk teeth is thinner than on adult teeth and that if they aren't properly cared for then permanent teeth may not come through healthy and strong, and use **slide 7** to illustrate why it's important they take care of them.
- Display **slide 8** and take ideas from learners about how they can help protect their milk teeth. Click to reveal answers.

### Time challenges (slide 9)

- Let learners know that today they will be competing in a series of team challenges to learn about teeth, whilst also practising their reading and writing skills.
- Give each team **Activity sheet 1: Food Cards** to cut up.



## challenge 1: Healthy for teeth/unhealthy for teeth cards sort

- Introduce the card sort task ([slide 10](#)). Allow two minutes. If possible, use a timer so learners can see a visual countdown.
- Click to reveal answers on [slide 11](#). Check against team answers. Record team points.
- Ask your learners to explain why a food is healthy for teeth/unhealthy for teeth (see notes underneath PowerPoint slides).
- Emphasise that eating the right food can help keep our teeth healthy, linking back to [slide 7](#) (Your milk teeth need you).

For more oral care related dietary advice, please see "Delivering better oral health: an evidence-based toolkit for prevention", pages 32-37: <https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention>

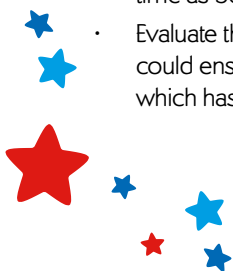
## challenge 2: Find the missing tooth sentence comprehension

- Use [slide 12](#) to introduce the task.
- Read the sentence on the board aloud and ask learners to pick out the missing word that best completes the sentences on [slides 13-22](#). Answers are revealed after each sentence.
- The learners should write down the correct word. One point is awarded for each correct answer.
- Children should brush twice a day – once before bedtime and one other time during the day. They should also not rinse their mouth after brushing, as rinsing your mouth with water after brushing washes the fluoride away.
- Remind learners they should also replace their toothbrush every three months and visit the dentist every six months.

For further advice, see: <https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth>

## challenge 3: Brushing up on how to brush

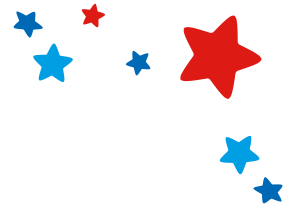
- Toothbrushes can be used to help the learners to mime.
- Watch the Aquafresh Brush Time tutorial on [slide 23](#). Inform learners they will be demonstrating the technique in the clip so they should watch carefully and make notes if they like. If you have time you could play the clip more than once or ask learners to do the actions as they watch.
- Introduce the challenge ([slide 24](#)). Learners must mime proper brushing technique and estimate the two-minute time as best they can, without a timer.
- Evaluate the technique and emphasise that it is hard to estimate time without measuring it properly. Discuss ways they could ensure they always brush for two minutes at home. Introduce learners to the [Aquafresh Brush Time app](#), which has a two-minute song to brush along to.



## EXTENSION TASK: CREATIVE THINKING TASK (OPTIONAL)



- Use if you have extra time or would like to increase the challenge for older or more able learners ([slide 25](#)).
- Encourage learners to write down as many ideas of how to make brushing fun in two-minutes. Then discuss with them which one is the best idea.
- Award points for creativity.



## Teeth challenge 4: Teeth types

- Explain that there are different types of teeth with different purposes (**slide 26**). Ask learners to see if they can match the tooth types with the action they perform by holding up the correct number of fingers (1,2 or 3) indicated by the action.
- **Answers:**
  - **Incisor** - bite
  - **Canine** - tear
  - **Molar** - crush
- Display **slide 27**. For the challenge, the learners will count how many incisors, canines and molars they, a parent or member of their family has. Taking note of the different shapes and sizes.
- As an extension, you could ask learners which teeth they would use when eating different kinds of food, to get them to further consider their different functions.

## Brush Time Tales competition

- Using **slide 28**, introduce the competition.
- Learners will complete the task, and they can enter their story into the competition if they wish. All competition entries should be completed on the **Competition Entry Form** (see entry form for details).
- Answer questions and check understanding.

## challenge 5: Brush Time story mat (slide 29)

- Give each learners a **Activity Sheet 2: Brush Time Tables Story Mat** and dice. Explain that they have learned and used a wide range of vocabulary today which they will now use as inspiration for a two-minute story. They'll need to come up with something that will make brush time fun. Will it be funny? Sad? Exciting? Mysterious?
- Using **slide 30**, introduce the task and model how they will pick their three random words by rolling their dice:
  1. **To pick each word, they should roll the dice twice.**
  2. **The first roll tells them how many squares they must count across.**
  3. **The second roll tells them how many squares they must count down.**
  4. **They should write that word down in the space provided at the bottom of the story mat.**
- Give learners time to brainstorm story ideas around their three words using the **Activity Sheet 2: Brush Time Tables Story Mindmap**.
- Depending on your learners abilities, you may need to model this by creating your own story idea together.
- Give them time to develop their own story, giving them support as appropriate. Make sure they understand what their random words mean and possible ways they could be used in a story.
- Remind them that their stories can be about whatever they want, there is no right or wrong. Focus them on the success criteria by displaying **slide 31** and referencing this throughout.
- Make this challenge easier for younger or less confident learners by reducing the number of random words they must include or by letting them pick the ones that appeal to them.
- Allow time at the end of the lesson to share stories.

## Plenary

- At the end of the lesson encourage them to reflect on their learning by completing the sentences on **slide 33**. They could write the answer and review.

