



Fairisle Junior School

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Chair of Governors: Mrs Nikki Webb

February 2026

Dear Parents and Carers,

This half term, our children are learning all about how to keep themselves healthy as part of their PSHE curriculum. This includes physical and mental health. One area that we will be exploring is how to look after our teeth.

To help the children understand the importance of regularly brushing their teeth, on **Tuesday 3rd March**, the children will take part in an experiment. The children will be given a Plaque Disclosing Tablet. These are tablets, which use a colouring system to differentiate between newer and older plaque, and help children to see areas that they should brush better next time. They are completely safe for children to use and they are a great way to teach children about the importance of brushing their teeth thoroughly. The fact that children can see the stains on their teeth makes the activity fun and engaging, and therefore highly educational.

On **Tuesday 3rd March**, please ensure that your child comes into with their toothbrush and the toothpaste that they normally use. If you have any questions or concerns, please contact your child's class teacher.

Best wishes,

Emily Cooper

Emily Martin

Millie Tanner

