

## National Smile Month 2021 – Resource Pack (PRIMARY)

**National Smile Month 2021** takes place from 17<sup>th</sup> May – 17<sup>th</sup> June. Below are links to resources to use during National Smile Month to promote oral health with your pupils in PSHE lessons, class/tutor time and assemblies. The resources are all produced by reputable organisations, but the School Health & Wellbeing Project has not assessed them. **Please review your chosen resource(s) before use to ensure they are suitable for your pupils.**

### **Links to the RSHE curriculum:**

The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay.

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About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.

### Share Your Smile Challenge

The National Smile Month social media challenge of taking a picture of yourself smiling, adding a positive smiley message, saying where the picture is being taken and tagging it to #SmileMonth & #Sharingasmile. (Poster available in 'Posters' zip file accompanying this resource pack.)

<https://www.dentalhealth.org/sharing-your-smile-around-the-world>

### Cleanse Your Cupboard for National Smile Month

For National Smile Month this year the Oral Health Foundation are challenging everyone to cleanse their cupboards of anything that might be harming your teeth and replacing it with a tooth-friendly alternative. More information and resources can be found here: <https://www.dentalhealth.org/cleanse-your-cupboard>

### The Great British Brushathon

The organised by the Oral Health Foundation, the Great British Brushathon takes place on Wednesday 2nd June and will connect people from all around the world in one giant communal brushing event. Just take a selfie or a video of yourself whilst brushing your teeth and post it to social media. If you live with any family or friends, get them to join you too. There will be shout-outs to our favourite #GreatBritishBrushathon selfies/videos throughout the day so make sure to use the hashtag so we can easily find yours! To find out more and join in click here: [Great British Brushathon](#)

### Slough Healthy Smiles

The Slough Healthy Smiles team can offer the following support. For more information, please contact

[Oral.Health@oxfordhealth.nhs.uk](mailto:Oral.Health@oxfordhealth.nhs.uk)

- Oral health education sessions for your class.
- Remote training sessions for staff with a **NEW** video option.
- A tooth brushing demonstration video: <https://youtu.be/667Uh1wLeek>
- A selection of oral health activities in the accompanying 'Activities' zip folder and to download: <https://www.dentalcare.co.uk/en-gb/patient-education/children-dental-health>

### Our Healthy Year

Resources produced by Public Health England to encourage healthy habits during the first few years at school by bringing healthy choices to life with fun, practical activities including classroom activity sheets, presentations, ideas for active school days, take-home activity sheets, ideas to engage parents. All the resources are suitable for remote teaching: [Reception and KS1](#) [KS2](#)

## [Keeping Our Teeth Healthy](#)

Curriculum-linked science lesson plans, in the form of Power Point presentations, for KS1 and KS2 produced by Public Health England exploring dental hygiene. The resource introduces your pupils to Tilly, a mighty molar who has turned into a troubled tooth and needs help making healthier dental choices. They also include a simple, fun science experiment which pupils can try at school or at home with their families: [Keeping Our Teeth Healthy](#)

## [Healthy Eating and Sugar Swaps](#)

Resources produced by Public Health England to help children learn about the effects of eating too much sugar and start to build healthier habits. The lesson materials and power points link with other subjects: English, Maths and Science and are all suitable for remote teaching: [KS1 and KS2](#)

## [Healthy Teeth Guide](#)

Two oral health videos featuring tv's Dr Ranj and Supertooth, one for pupils aged 3-6 and one for pupils 7 years+. The videos can be accessed here: [AGE 3-6](#)      [AGE 7+](#)

## [Posters](#)

Produced by the Oral Health Foundation (including social media format) contained in the accompanying 'Posters' zip folder:

- 'Key Messages' poster
- 'How to brush your teeth' poster.
- Poster 'What to do if an adult tooth is knocked out'.
- 'Share your Smile' poster. (This poster supports the Share Your Smile Challenge – see above.)