

ASSEMBLY MATERIALS





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National Smile Month, offers an ideal opportunity to hold an assembly on the topic of teeth. National Smile Month is a long-running campaign to promote good oral health.

Organised by the Oral Health Foundation, the campaign has one simple objective - to improve oral health. Given the most recent statistics on children's dental health, there is some way to go.

Tooth decay is now one of the main reason five to nine-year-olds are admitted to hospital for general anaesthetics, which can be avoided by regular check-ups with a dentist. The Local Government Association, has published statistics which show 40,970 under-18s had multiple teeth extracted in English hospitals in 2014/15, a 25% increase on the 32,457 who underwent procedures in 2010/11. Of last year's cases, more than 14,000 were for children of five and under.



The basic oral health rules are:

- Brush your teeth last thing at night and at least one other time during the day with a fluoride toothpaste for two minutes
- Cut down on how often you have sugary foods and drinks
- Visit the dentist regularly, as often as they recommend

Parents are advised to supervise children brushing their teeth until the age of seven.

Most importantly, children can learn at school about the importance of, and reason, for positive attention to teeth.



For National Smile Month, the Brush up on Smiles project offers focused assembly content on the importance of teeth, containing:

- An assembly script
- An assembly PowerPoint
- Background support
- Relevant book references



ASSEMBLY SCRIPT

Today we are going to talk about a very important topic – your teeth. I see some of you are smiling so let's start. *(Title slide of PowerPoint)*

I want to know why you might think that teeth are an important topic for assembly. What do teeth do? *(responses)*

Why are they important? *(responses)*

First, they are important for eating. There are some foods that do not require much chewing, such as bananas. Have you noticed that you don't have to chew some foods at all, such as soup? Other foods – take raw carrots, for instance – require lots of chewing before you can swallow them.

You need strong, healthy teeth to chew food.

All of you are learning about the human body – your body – and the importance of various parts. Did you know that your teeth are very important for speaking? *(responses)*

Maybe you're not too sure about that. So please say, after me, the phrase: Thirty three thirsty thieves. *(responses)*

Now try saying it without letting your tongue touch your teeth. *(responses)*

You see that it is very difficult to do.

That's because your teeth have the important job of helping our lips and tongue to make sounds properly.

Our tongue hits the teeth to make certain sounds — the **th** sound, for example, is produced when our tongue brushes against the upper row of teeth.

We're going to test this. I will say a letter of the alphabet and ask you to give a thumbs up if you use your teeth to say it, thumbs down if you don't.

What about the letter 'A'? Do you use your teeth to say that letter? *(responses)*

So when you say **amoeba** none of the letters in it use your teeth. What about the letters 'CH' as in chair? Give a thumbs up if you use your teeth to say it, thumbs down if you don't. *(responses)*

Well done to the thumbs up.

What about the letter 'M' as in morning? *(responses)*

Yes to the thumbs downers!

Let's try the letter 'V' as in voice. A thumbs up if you use your teeth to say it, thumbs down if you don't. *(responses)*

So you see, teeth are very important for speaking.

Now, think about your face. Can you tell me different things/times that you smile? *(responses)*

Your teeth are important, especially for your smile. Does anyone know why? *(responses)*

If you have looked after your teeth then your smile is even nicer and you feel better about yourself. A nice smile with healthy teeth gives us confidence.

Now, let's see if you need your teeth to frown. Let's try it out. Turn to the person next to you and give a great big smile... then ask them to try a very unhappy frown. Did they need teeth to frown? *(responses)*

I can tell looking at you all that you don't need your teeth to frown but you do to smile. A smile is a wonderful thing to see, it shows we are happy.

Soon it will be National Smile Month/It is National Smile month and we all need to help our teeth be healthy to celebrate. Our teeth are very important in helping us to smile.

Now that we have talked about why our teeth are important, can you tell what we need to do to help look after them? *(responses)*

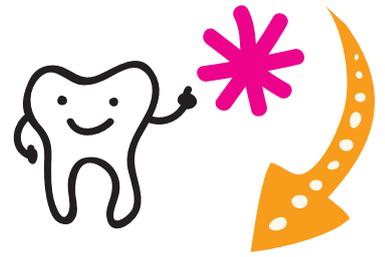
The basic oral health rules are *(Slide one of PowerPoint)*:

- Brush your teeth last thing at night and at least one other time during the day with a fluoride toothpaste for two minutes
- Cut down on how often you have sugary foods and drinks
- Visit the dentist regularly, as often as they recommend

Smiles make everyone feel better!

Finally, we'll finish with one of my favourite poems about teeth, called My teeth. Have a look with me at this poem *(Play poem on PowerPoint)*.

Now I want to ask you all to show me your best smile. Thank you!



* ORAL HEALTH BACKGROUND SUPPORT

Try to reinforce the main learning points for effective Oral Health, which are:

- Brush your teeth last thing at night and at least one other time during the day with a fluoride toothpaste for two minutes
- Cut down on how often you have sugary foods and drinks
- Visit the dentist regularly, as often as they recommend

The *Brush up on Smiles* teaching resource offers lesson plans, which can be planned to take place before or after a school assembly on the topic of teeth.

You may want to support the assembly with your own PowerPoint consisting solely of visuals which show a mix of images of children cleaning teeth, drinking milk, at the dentist, eating fruit (ranges), eating vegetables (ranges) with some photos of less healthy activities such as opening packets with teeth, eating sweets and drinking sugary drinks. Pictures of different foods will show that some require teeth for chewing and some do not.

As a guide to which sounds need teeth, we've used www.righttrackreading.com/tipstosaysounds.html We use our teeth to pronounce the sounds listed under Thumbs Up (in the assembly script), with the balance of characters listed here under Thumbs down:

Thumbs up:
ch, d, f, j, l, s, sh, t, v, z

Thumbs down:
a, b, c, e, g, h, i, k, m, n, o, p, q, r, u, w, x, y

* REFERENCES FOR TEACHERS

There are lots of poems and stories that can be used to introduce an assembly about teeth in a gentle, fun way. Here are some suggestions:

- *Why Do I Brush My Teeth? (My Body)* by Angela Royston
- *How to Brush Your Teeth with Snappy Croc* by Jane Clarke and Georgie Birkett
- *Brush Your Teeth, Please: A Pop-Up Book* by Leslie McGuire
- *I Know Why I Brush My Teeth (Sam's Science)* by Kate Rowan and Katharine McEwen
- *The Teeth That Looked for a New Mouth: A Story of a Boy Who Didn't Like to Brush His Teeth* by Jill Jones
- *Open Wide... What's Inside?* by Alex Rushworth and Helen Rushworth
- *Throw Your Tooth on the Roof: Tooth Traditions from Around the World* by Selby B Beeler and MR G Brian Karas
- *Bear's Loose Tooth 1* by Karma Wilson and Jane Chapman
- *Science in Action: Keeping Healthy - Why do I brush my teeth?* by Angela Royston and Dr. Kristina Routh MBChB MPH
- *Teeth are Not for Biting (Best Behavior)* by Elizabeth Verdick
- *Alan's Big, Scary Teeth* by Peter Jarvis
- *The Lost Smile* by Joseph Coelho

There are websites that can be used to support this assembly and provide other resources to teach about Oral Health:

- www.dentalhealth.org
- www.educatingsmiles.org

