Hamstel Junior School

Headteacher: Mrs C. Farrell

CEO - Mrs C. Woolf

16th November 2026

Year 4 Science - Teeth and Digestion

Dear Parent/Carer,

Our science learning this term is about the digestive system. As part of our work, we will also be learning about teeth and their role in breaking down food in our mouths.
The children will be exploring the effect of different foods as well as learning about the importance of oral hygiene and how to brush their teeth effectively.

To extend the children's learning, we would like them to investigate their own oral hygiene at home. Your child will be given a **plaque disclosing tablet** on Friday for them to chew after brushing their teeth (using the technique they have been learning about in class). The tablet will show up any plaque still left on your child's teeth so they can see how effective their brushing technique is.
Please note, it is not unusual for tongues and gums to remain stained for a couple of hours after using the tablet.
In the past, children have found this a fascinating experience that allows them to really understand the importance of brushing their teeth for the recommended time and using the correct technique.

Plaque is a sticky, invisible layer of bacteria that forms on our teeth every day. Good oral hygiene helps prevent the build-up of plaque which can cause tooth decay and gum disease.

It is recommended that children under 12 years old should be supervised by an adult when chewing the tablet as it should not be swallowed whole.

If you have any questions, please do not hesitate to contact your child's class teacher.

Yours sincerely,

Mrs Price
Year Group Leader

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