

Christ Church Dental Newsletter



Dear parents and children,

As you know, we think learning about how to keep healthy and look after ourselves is very important. We give lots of time to teaching the children about keeping their teeth clean and healthy and are fantastically supported by our two parents who are dentists, Peter Das and Valentina Daskalovic.

Peter comes in regularly to check the children's teeth and has seen all the children's teeth recently (except Year 4) who were at Hooke Court. He has kindly written brief reports for all children that will help you assess whether your children are currently in need of any dental work.



Valentina is well known by all the children as she regularly visits the school and runs practical teeth cleaning session. She sends the following message:

As most of you may be aware I have been attending Christ Church School for a number of years and providing the children with oral health education. During my time with the children we discuss the importance of keeping their teeth clean and use Plaque Disclosing Tablets to show the plaque that may have been missed during brushing.



During my last visit I noticed a higher presence of plaque on the children's teeth / an increasing number of pupils with a lot of plaque on their teeth. The guideline for teeth brushing is twice a day, once in the morning and once in the evening before going to bed for at least two minutes. It is recommended that a pea sized amount of fluoride toothpaste is used.

It is generally advised that children from around the age 7-8 are able to brush their teeth on their own, however I must stress the importance of supervising your child so that you can make sure that the technique that they are using is thorough enough to remove any plaque remaining on their teeth. Also, helping them by finishing the brushing would also reduce the risk of decay.

By encouraging a good oral hygiene practice into their daily routine at a young age will mean that your child will be unlikely to experience dental problems in the future. Visits to the hygienist are highly recommended in support of their oral health.

We have had 4 fantastic dental ambassadors for the school for the last two years: Rose, Oscar, Lev and Ollie. We are very grateful to them for all the dedication they showed in training up our children in good oral health practise. We now are proud to announce that we have four new ambassadors taking up the role: Foxy, Hannah, Marco and Tallulah. They will be running teeth cleaning sessions for all of the junior classes on the 10th February. Year 2 are practising teeth cleaning every week with Ms Dettmer.



Over the page is info about local NHS dental surgeries if you are not already registered with a dentist..



Reception and Year 1 are lucky enough to be bringing home a teeth cleaning pack from the Public Health team at RBKC to encourage our younger children to get into good teeth cleaning habits.





**URGENT
TREATMENT**
Out of hours
111

For further information about NHS dentists
in your local area, please visit NHS Choices at
www.nhs.net

Finding an NHS dentist in Kensington and Chelsea

- 1 Kensington Dental Practice**
129-131 Kensington High Street, London W8 6SU
020 7933 9097
- 2 Oracare Dental**
244 Kensington High Street, London W8 6ND
020 7603 7222
- 3 Kensington House Dental Practice**
127 High Street Kensington, London W8 5SF
020 7938 3384
- 4 80 Kensington Dental Clinic**
80 High Street Kensington, London W8 4SG
020 7938 2833
- 5 Perfect Smile**
2 Russell Gardens, London W14 8EZ
020 7603 5063
- 6 Dental Surgery - Bahl & Moselhi**
22 Notting Hill Gate, London W11 3JE
020 7727 8370
- 7 Notting Hill Dental Surgery**
22 Pembridge Road, London W11 3HL
020 7727 4795
- 8 Ghauri Dental Centre**
247 Westbourne Grove, London W11 2SE
020 7229 7071
- 9 All Saints Dental Clinic**
9 All Saints Road, London, W11 1HA
020 7727 8328
- 10 The Grove Dental Surgery**
351 Ladbroke Grove, London W10 6HA
020 8969 0656
- 11 Golborne Dental Centre**
59 Golborne Road, London W10 5NR
020 8964 0186
- 12 Ladbroke Grove Dental Clinic**
118 Ladbroke Grove, London W10 5NE
020 7727 9836
- 13 Hub Dental Rooms**
300 Kensal Road, London W10 5BE
020 8962 0000
- 14 Earls Court Dental Practice**
121 Earls Court Road, London SW5 9RL
020 7373 4846
- 15 168 Dental Clinic**
168 Earls Court Road, London SW5 9QQ
020 7373 0754
- 16 Earl's Court Health and Wellbeing Centre NHS Dentist**
2b, Hogarth Road, London SW5 0PT
020 7341 0300
- 17 Chelsea Dental Lounge**
2nd floor, 110-112 Kings Road, London SW3 4TY
020 7581 6161
- 18 Oasis Dental Care**
242-244 Fulham Road, London SW10 9NA
020 7376 3330
- 19 The Dental Clinic**
407 Kings Road, London SW10 0LR
020 7352 7049
- 20 Dr T.C Yeo & Associates Dental Practice**
4 World's End Place, London SW10 0HE
020 7352 0926

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Public Health England



THE ROYAL BOROUGH OF
KENSINGTON AND CHELSEA