



The Designed to Smile Programme- Update for schools and nurseries- January 2019

Welcome to this newsletter, where we share information from D2S- what we achieved last school year, work we have been doing across Wales, and plans for a big celebration!

2017/18 school year in numbers...

Across Wales, 1469 primary/infant schools and nurseries participated in D2S daily toothbrushing schemes. This included 77% of the settings we want to be involved. We are aiming for 100% this year!

In total, 90,915 children were signed up to brush their teeth with fluoride toothpaste at school or nursery. This is so important because 1 in 3 five-year-old children in Wales has dental decay. We have seen great improvements since D2S began, but unless we keep up efforts every day, the next group of youngsters could have worse decay.



44,921 children also had fluoride varnish applied at nursery or school, to give their teeth extra protection from decay.

186,523 toothbrushing home packs were distributed across Wales, to encourage brushing twice a day at home as well.

Annual monitoring of Designed to Smile is provided by the Welsh Oral Health Information Unit. For full reports, visit www.designedtosmile.co.uk

New resources for learning...

Designed to Smile has been working to create new lessons about teeth and health for use by teachers across Wales:

- Bilingual activity sheets suitable for Foundation Phase
- Lesson plans, presentations and worksheets, including homework activities, for Key Stage 2

You will soon be able to find them all at hwb.gov.wales and at www.designedtosmile.co.uk

Many thanks to the teachers at Trallwn Primary School, Swansea for supporting the development of these resources.



Best practice for healthy eating...

D2S fully supports the new Welsh Government guidance on food and nutrition for childcare settings. We think it is fantastic, and you should check out all the information, including menu planners and recipes, at: gov.wales/childcarefood

Join us in celebrating 10 years!

D2S is turning 10 and in September 2019, we are celebrating with a National Designed to Smile week. We encourage schools and nurseries to use the week to focus on looking after teeth and to celebrate their involvement in D2S. Details about a national competition and suggested activities for your setting will be sent out in the Summer term.

Thinking about the environment...

We have had a review conducted of the D2S programme in terms of our carbon footprint and plastic use, as we want to aim for the lowest impact on the environment.



The review estimated that the annual carbon footprint of Designed to Smile is equal to the carbon generated by 140 people taking a return flight from London to Sydney, and for every million grams of plastic waste produced in UK, only 7g is created by D2S.

It may seem that we use a lot of toothbrushes and paper, but we have discovered that our positive work to prevent tooth decay actually considerably reduces the worse environmental impacts of many patient journeys to dental surgeries and use of equipment to fix decayed teeth. So we are saving the environment as well as saving smiles!

That said, we are trying to avoid any unnecessary travel, and looking at ways of improving recycling and using environmentally-friendly products when we can:

- The toothpaste we use does not contain any plastic microbeads
- When brush buses need replacing, we are moving to a much lighter 'tooth train' with 70% less plastic
- Toothbrush handles can be put in with mainstream plastic recycling if the heads are removed- D2S staff can provide advice
- Settings can set up a free recycling scheme for toothbrushes and empty toothpaste tubes with TerraCycle UK. This scheme also has a points programme which gives money back to schools or charities. Visit <https://www.terracycle.co.uk/en-GB/brigades/colgate> for more information, or ask D2S staff for advice
- We have been asked about bamboo toothbrushes, and at present there are concerns about the durability and cleanliness of using these in the D2S programme. We will continue to look at new products that come onto the market
- We have slimmed down the number of forms we use to reduce the amount of paper
- Our paper comes from fully sustainable forests, grown specifically for purpose and complies with eco-standards



We encourage all nurseries and schools to try and minimise waste, when delivering the D2S programme, and to support us to ensure the programme is as eco-friendly as possible.

Congratulations!



Well done to schools and childcare settings that have recently passed their National Quality Awards for the Welsh Network of Healthy School and Healthy Preschool Schemes. Thank you for your ongoing commitment to Designed to Smile. The settings include:

- Blaengwrach Primary School, Neath Valley
- Mount Street Infant School, Brecon
- Neyland Flying Start Playgroup, Pembrokeshire
- Welshpool Church in Wales Primary School, Powys
- Ysgol Bro Gwydir, Conwy
- Ysgol Gwenffrwd, Flintshire

Check out our website: www.designedtosmile.co.uk

