

Squirrel Class Dentist Visit – Oral Health and Personal Wellbeing

Purpose of the Visit

As part of our PSHE curriculum and our wider commitment to pupils' health, wellbeing and self-care, Fox Class welcomed a visiting dentist to deliver a workshop focused on oral hygiene, healthy choices and personal responsibility. The visit was designed to support pupils' understanding of how daily habits contribute to long-term health and wellbeing.

Curriculum Links (PSHE)

The session linked directly to the PSHE curriculum objectives relating to Health and Wellbeing, helping pupils to:

- Understand the importance of looking after their bodies
- Learn how daily routines contribute to physical health
- Develop the knowledge needed to make healthy lifestyle choices
- Take increasing responsibility for personal care

Learning Experience

During the visit, the dentist explained the importance of good oral hygiene in a clear and accessible way. Pupils learned about:

- How and why we brush our teeth, including how often and for how long
- The role of a healthy diet, particularly the impact of sugar on teeth
- The importance of regular dental check-ups
- How teeth help us to eat, speak and smile confidently

The dentist used age-appropriate language and practical demonstrations to engage pupils fully. Children were encouraged to ask questions, and they did so confidently, showing a good level of prior knowledge and curiosity. The session provided a safe space for pupils to talk about routines, experiences and any worries they may have about visiting the dentist.

Impact

The visit had a positive and immediate impact on pupils' understanding and attitudes:

- Pupils demonstrated increased awareness of how to care for their teeth
- Children were able to discuss the link between diet, habits and health
- Pupils spoke confidently about routines such as brushing and dental visits
- The session reinforced messages about personal responsibility and self-care

Staff observations and pupil responses indicated high levels of engagement. Children were enthusiastic and reflective, showing that they understood the importance of maintaining good oral health both now and in the future.

Contribution to Personal Development

This visit contributed strongly to pupils' personal development, supporting them to:

- Build lifelong healthy habits
- Develop confidence in managing their own wellbeing
- Understand how professionals help to keep people healthy

It also helped to normalise conversations around health and medical visits, supporting pupils emotionally as well as physically.

Conclusion

The dentist visit was a valuable and successful PSHE enrichment activity. It strengthened pupils' understanding of personal health and wellbeing, reinforced key PSHE messages and encouraged pupils to take ownership of their daily routines. The visit supported our aim to equip pupils with the knowledge and skills they need to lead healthy, confident and responsible lives.

