

From 23<sup>rd</sup> to 27<sup>th</sup> February, Northside will be taking part in **Food Bank Aid's 'Healthy Smile Campaign'**, helping to support families who are unable to afford basic dental care.

### **How you can help**

We are inviting families to **donate toothpaste and toothbrushes** to help fill the dental care gap for children and adults using local food banks.

If you would prefer to make a financial donation instead, this is also very welcome - Here's the link to the [Food Bank Aid online Dental Shop](#) or scan the QR code below. **Each financial donation will be doubled as part of Food Bank Aid's Charity Extra fundraising campaign this term.**

Every donation helps families take care of healthy smiles - thank you so much for your support.

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### **Make it fun: the Two-Minute Toothbrush Challenge!**

To bring the campaign to life, children are invited to take part in the **Two-Minute Toothbrush Challenge** - a simple, fun way to practise good oral health at home.

#### **How it works:**

- Pupils brush their teeth for a full **two minutes** each time for the whole week (use a timer!)
- For an extra challenge, they can try brushing while **standing on one leg**

If your child has an appointment at the dentist this term, you could tell them about this Food Bank Aid campaign and ask if they have any samples to donate!

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### **Help spread the word**

To help raise awareness of dental hygiene poverty, you're welcome to share a photo of your child doing the challenge on social media (no need to show faces).

Please tag **@foodbankaid** on Instagram and Facebook to help spread the message and highlight the ongoing need for support.

Thank you for helping us make a real difference - **one smile at a time.**



[www.foodbankaid.org.uk](http://www.foodbankaid.org.uk)

