



# The Rosary School December Newsletter



## **December Newsletter – A Joyful and Reflective End to the Autumn Term**

As we reach the end of a very busy and exciting term, we are delighted to reflect on all that has taken place in school. From welcoming new children and staff into our community to a number of enriching trips and an unforgettable Year 6 residential, it has been a term of exciting opportunities. Classrooms have been full of wonderful learning with Vocations Week giving pupils the chance to explore future aspirations with curiosity and enthusiasm and to give thanks to those who serve with love in their everyday lives. Our Christmas productions as always have been joyful highlight, showcasing the talents and confidence of all our pupils.

A heartfelt thank you goes to our parents, staff and governors for their continued support, dedication and hard work throughout the term. We wish everyone a well-deserved rest over the holiday period, ready to return for another term of learning and many more exciting opportunities to live, love and learn together.

Now, with hearts full and spirits high, we look forward to a well-earned Christmas break!

## Our Catholic Life - Advent



As we reflect on the liturgical season of Advent, we take a moment to reflect on what the season means to each of us. The word Advent comes from the Latin meaning "coming." Jesus is coming, and Advent is a season of preparation for His arrival. While we typically regard Advent as a joyous season, it is also intended to be a period of preparation, much like Lent.

Prayer, penance and fasting are appropriate during this season. Throughout Advent we will hear readings reminding us to watch and wait and meet characters such as John the Baptist who are examples of how we can prepare.

During this Advent let us take time to stop and take stock and remember always that God can provide us with a refuge. This Advent let us look to find the calm of this special season and to talk to God in the silence of our hearts.

## Sunday Gospel



This is how Jesus Christ came to be born. His mother Mary was engaged to a man called Joseph; but before they could be married she became pregnant by the power of the Holy Spirit. Joseph was a good man and did not want to embarrass Mary so he made plans to break the engagement privately. But the angel of the Lord appeared to him in a dream and said, “Joseph, son of David, do not be afraid to take Mary home as your wife, because it is by the power of the Holy Spirit that she is going to have a son. You must name him Jesus, because he will save his people from their sins.” When Joseph woke up, he did as the angel of the Lord had told him to do and took Mary into his home as his wife.

As we reflect on the Gospel we consider how Mary accepted God’s will with a thankful heart. Mary is a perfect example for us all because of her thoughtfulness, kindness and joy. During this Season of Advent we think about how we can show thoughtfulness and kindness and bring joy to others: maybe through sharing a smile, or helping someone or taking time to say a prayer for someone in need.

**“Mary is the first and most perfect model of Jesus.”**

**St Teresa Benedicta of the Cross**

## Jubilee Year of Hope



This term, we have journeyed together with the wider faith community as part of our Pilgrimage of Hope. We began by taking part in a special diocesan assembly, where we shared what this significant year has meant to us and listened to the experiences of others across the diocese.

Last week, we were blessed to take part in an Advent retreat led by Dan and Emily from One Life Music. This was a peaceful and meaningful time of reflection, helping us to pause and consider what *hope* truly means for each of us as we move forward from this special year.

We also celebrated our vocations week, exploring the theme **“Called to Love.”** Throughout the week, we reflected on the many ways we are each called to show love in our lives. We welcomed visitors who shared inspiring stories of how they live out the love of Christ through their work with the poor and vulnerable.

Miss Driver, Mrs Imran, and the Faith Council also shared their own vocation of love by hosting and welcoming the Irish Dementia Group for games and lunch—a beautiful day filled with compassion, friendship, and service.

Together, these experiences have helped us deepen our understanding of hope, love, and our call to live out our faith in meaningful ways.





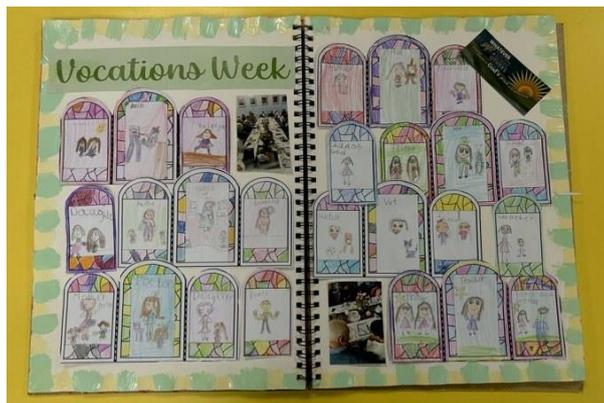
## Vocations Week

This month we reflected on the theme **“Called to Serve with Love,”** exploring how each of us has a unique vocation to show love and care to others. We were privileged to welcome several inspiring visitors who shared how they live out their own vocations by helping vulnerable communities with compassion and dedication.

Christine from **CAFOD**, Kevin from **Father Hudson’s Care**, Max from **Birmingham Homeless**, and Maria from the **SVP** spoke to us about the vital work they do and the impact that acts of love and service can have on the lives of others.

Our **EYFS** children were especially excited to meet members of the **Fire Brigade**, who taught them about their role in keeping our local community safe.

It has been a wonderful opportunity for the whole school to reflect on how we are all called to use our gifts, talents and kindness to make a difference in the world.



## Birmingham Irish Association

We were delighted to welcome members of the Birmingham Irish Association to our school at the end of Vocations Week. The Faith Council entertained our guests with games, stories, and songs, followed by a special lunch. It was a day when the Rosary community opened

their arms and hearts to this wonderful group, who thoroughly enjoyed making new friends. We look forward to their next visit.





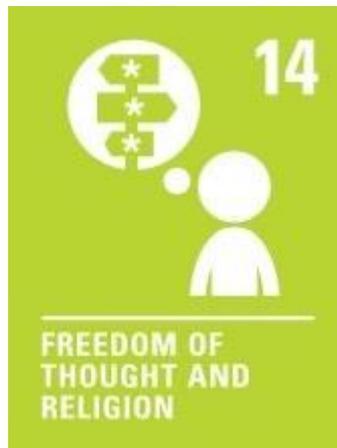


**RRSA Article of the Month – Article 14: The Right to Freedom of thought, belief and religion.**

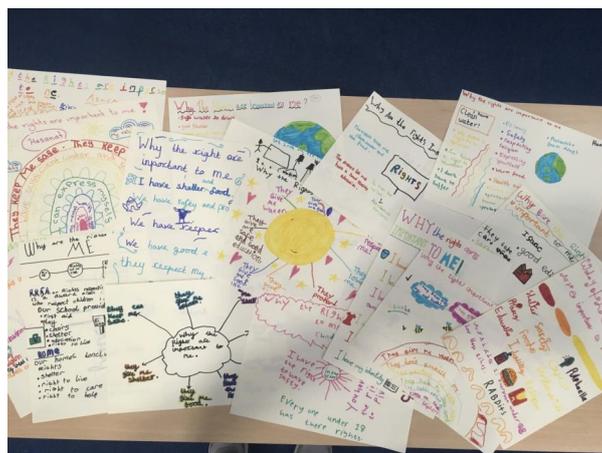
Article 14 protects the right to freedom of thought, conscience, and religion, allowing individuals to hold and practice their beliefs without discrimination. This freedom is especially important during this time when we are learning about Advent and Hanukkah .

Respecting Article 14 ensures that people can openly celebrate these festivals, share their traditions, and pass their beliefs on to younger generations. It also encourages mutual understanding and respect in diverse societies, allowing different religious communities to coexist peacefully and celebrate their faiths without fear or restriction.

During this special season of Advent as we prepare for Christmas and we think about the Jewish festival of Hanukkah we reflect on the right of every child to follow their own beliefs and religion.



The RRSA steering group continues to meet every week and have been looking at how and what makes the Rosary a Rights Respecting School. Earlier in the month, two parents and the chair of governors, Mrs Jackson, joined the group and enjoyed a lovely afternoon interacting with the children and learning all about the UNCRC.





## Our Learning

# LEARNING IS FUN

### Nursery

Nursery have had an amazing start to Autumn 2!

This half term our theme is Celebrations, and the children have been enjoying lots of exciting activities.

We marked Remembrance Day with a special prayer service, then enjoyed creating sparklers and firework pictures for Bonfire Night. Then we explored birthday celebrations — making our own invitations, decorating balloons, and even baking delicious birthday cupcakes!







Last week we were very fortunate to be visited by Christine from CAFOD and the WMFS as part of Vocations Week. We learnt all about who God called them to be and how we can help others too. Miss Cartwright was even made into a Firefighter!



Reception - A Fun Filled Half Term!

This half term has been filled with exciting opportunities for the children in Reception to grow, discover and learn together. At Forest School, we have been using our observational skills to explore God's creation, noticing signs of nature all around us and the changes in the weather as winter approaches. The children have also explored traditional family celebrations, sharing their own experiences and exploring how different families mark special moments together.

During Anti Bullying Week, the children discussed what it means to be a good friend and how we can all continue to help make our school a kind and welcoming place. As part of Vocations Week, we were delighted to welcome visitors from CAFOD and Father Hudson's. The children learned how each of us can use our helping hands to care for others and make a difference at school, at home and in the community.

The children have made fantastic progress in their phonics, well done, Reception! As we begin our Advent journey, we are thinking about how we can prepare our hearts for Jesus. We can't wait to continue our exciting learning journey together next term.



### Year 1's Wonderful DT Work

Year 1 have focused on healthy eating as part of their Design Technology project this half term. The children loved learning about the Eatwell plate and using it to create a balanced and nutritious meal - a delicious, healthy tuna salad made with only the freshest ingredients.

It was wonderful to see the children chopping and weighing ingredients accurately and even mastering squeezing lemon zest. The best bit was the tasting!





### Year 2's Amazing Trip to the Staffordshire Regiment Museum

Year 2 had a fantastic day out at the Staffordshire Regiment Museum as part of our History learning about World War 1 and 2. The children were thrilled to explore real-life trenches and shelters - just like the ones soldiers used 100 years ago.

We discovered how soldiers lived, slept and stayed safe during the wars. The children especially enjoyed peeking inside the medical hut, walking through the long trenches and

spotting a range of fascinating historical artefacts. Their curiosity and enthusiasm shone all day and they impressed everyone with their thoughtful questions.

It was a truly wonderful trip where history was brought to life. Well done Year 2 - we are incredibly proud of you!



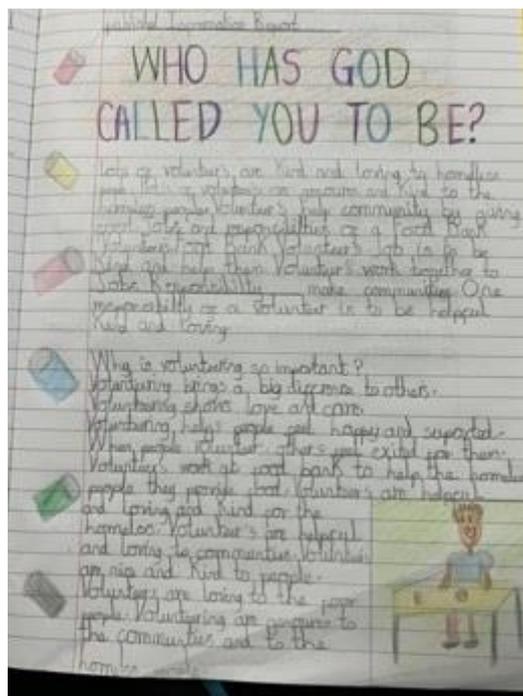






### Year 3

Year 3 had a wonderful time during Vocations Week and were delighted to welcome Sister and the volunteers from the St Vincent de Paul charity, who spoke so beautifully about their calling from God. The work they produced about sharing their gifts was beautifully written. Well done Year 3!



# SHARE YOUR GIFTS!

Many people choose to be a volunteer to help people and be kind. This report is about helping people. A vocation is what God called us to do. This report will give you information about using our gifts. Serving others is important because we should use our hands to serve others.

## Job Responsibilities

Volunteers help people and they listen to them. Volunteers show kindness to people. Volunteers help families. Food Banks are important because they give to poor and community. Volunteers serve others and they use their gift. Volunteers make a big difference.

## What is a Food Bank?

A food bank is a place where people eat and drink. A food bank helps people. The poor people can go to a food bank at any time. A food bank give out cookies, cake, and tea.

# KINDNESS IS IN ACTION!

This report is about being kind and in good action.

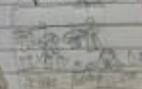
## What is a volunteer?

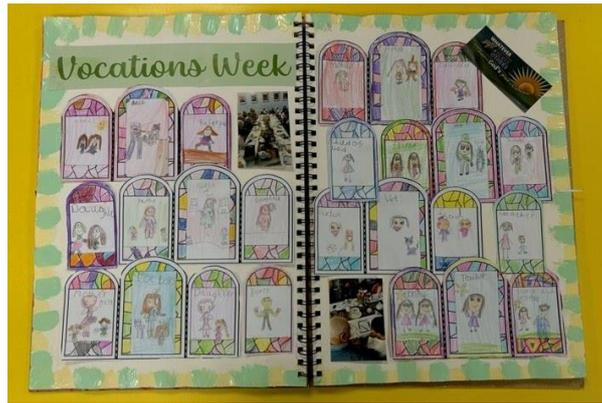
Volunteers serve others by supporting people who need help. They show respect and love and they are kind. Volunteers also love and support people who are poor and by using their gifts and talents, they help each other to make a community. This is why volunteers because volunteers love love and serve together. Volunteers help people who need and they support people who need. Volunteers also help the poor and they are kind. Volunteers help people who need and they are kind. Volunteers help people who need and they are kind. Volunteers help people who need and they are kind.

## What is a food bank?

A food bank is a place where food and drink are given because the poor people are poor. We can donate and use our hands to serve each other. A food bank is a place where we can help the poor and the hungry.

### FOOD BANK





#### Year 4 – Preparing for Advent

Year 4 have had a busy month exploring Advent as we get ready for Christmas. The children have considered the qualities of the Messiah and created beautiful proclamations.

Thursday 11th December 2025  
 To think of ways to proclaim the messiah  
 A prophecy of the coming of the Messiah  
 Everyone listen! **Compassion**  
 An extraordinary person is going to come on christmas day and when he comes we will all praise him every day.  
 He will give us hope and love. He will help us every where we go. He loves us and saves us every time.  
 He looks at homeless people with no disgust. He loves everyone with all his heart. His heart is three sizes bigger than the average person. So, He has love for everyone.  
**LOVE**  
 average

#### Year 5

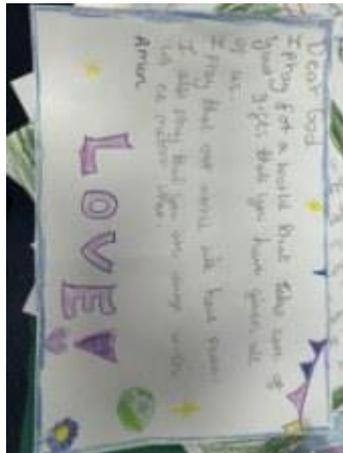
As part of Vocations Week, we thought about all the different ways CAFOD live out our Catholic Social Teachings. We then used these for our own prayers and what we pray for so our world can be a great place to live for everyone!

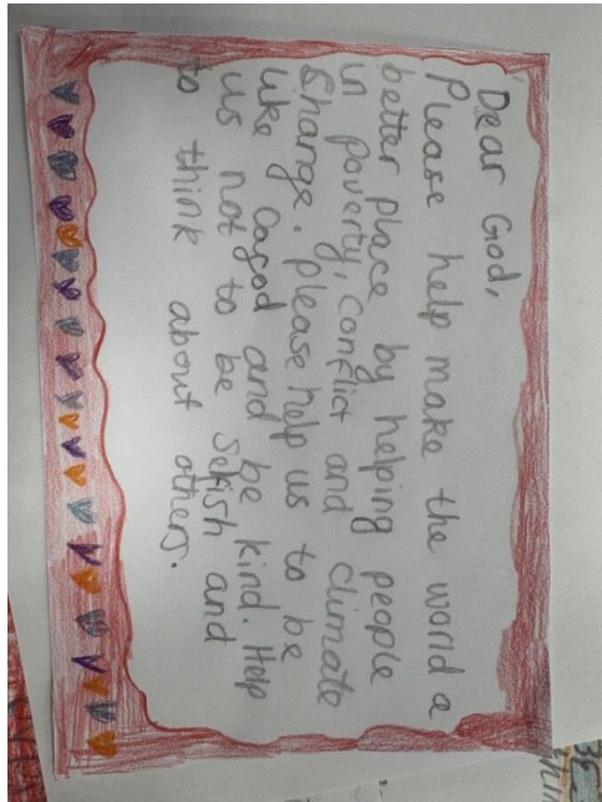
Heavenly Father,

I pray for a world where there is no  
conflict, poverty, and drought and  
that every-one takes part looking  
after the world.

The next pray I wish to happen is a world  
that shows peace,

love, care and friendship also a  
world where there is no fighting arguing  
and wars. Lastly I pray for a world  
where every-one stands up for  
each other and were there is  
AMEN





### Year 6 – Budding Writers

We wanted to share some of the writing we have produced in Year 6 over the last few weeks. Here is an example of a modern day parable, written by Aaminah Noor.

The priest came into church to light the candles but had forgotten the lighter. Two altar servers were ready for the priest and knew his duties but the other one sat on the side unprepared. Those two who were ready knew where a spare lighter was and were able to tell the priest. The priest rewarded them by letting them hold the candles at the start of mass.

Eventually these two altar servers grew up to be successful people who were always prepared for anything to happen. The other one wanted to learn how to be more prepared as he was always missing out on opportunities. The first two altar servers were ready to teach him and helped him turn his life around.

The message is to be prepared all the time. When Christ soon comes the prepared ones will be ready.

Year 6 have had a very busy few weeks with the residential trip. Although very cold, the children had a brilliant time trying new activities and challenging themselves to do things we had never done before. Everyone supported each other, and made new friends along the way. A fun, exciting experience that everyone will remember.





## Sporting News



### Chess

After a term of hard work and dedication, the Rosary Chess Team took part in their first tournament. Six children represented the Rosary at the Birmingham Catholic Schools Chess tournament at Abbey Primary School performing brilliantly with every child winning at least two of their six matches. Reyhan was our top scorer with four wins and a draw. Well done to all!



### Football

The girls team have started their ESPSFA league season winning 3 out of their first 4 games. A great team effort by each of the girls sees them positioned 4th in the league - well done girls!

### Panathlon

Our Panathlon Team have been working with Mrs Banks and Mr Perkins this half term to prepare for their first competition. We are all incredibly proud of their hard work and determination and it was wonderful to see them win the silver medal at the competition. Well done all!





## Attendance



As a school we believe in the importance of attendance and work closely with Birmingham LA and parents to ensure that all children are in school every day. Research has shown that absence disrupts the education of the individual pupil and the whole class. Children who do not attend regularly:

- do not achieve well in exams
- find it difficult to maintain friendships

- are more likely to become involved in crime
- miss out on opportunities in further education and the world of work?

We have recently had a number of families contact us about leave in term time. As you already know a 2013 amendment to The Education (Pupil Registration) Regulations 2006, means that Head Teachers may no longer authorise leave during term time except where the circumstances are exceptional. This is in accordance with Birmingham Local Authority's 'Leave in Term Time Guidance.' If families choose to take leave in term time they may be subject to legal procedures.

**A letter has been sent out explaining attendance procedures and I would ask that you read it carefully and consider the implications if you chose to take children out of school during term time. We are aware that families have been fined by Birmingham LA and this can be a significant amount of money and we do not want to see our families in this situation. Birmingham has informed us that they have issued a fine of over £1400 to a family for taking children out of school for a holiday.**

#### Attendance Data for Autumn 2025

Nursery	89%
Rec D	90%
Rec F	93%
Year 1C	93%
Year 1R	96%
Year 2H	96%
Year 2G	92%
Year 3D	96%
Year 3S	96%
Year 4O	93%
Year 4W	93%
Year 5M	96%
Year 5L	94%
Year 6D	95%
Year 6S	94%

Well done to Year 1R and 3D, the winning classes for the term and to all the children who have attended every day this term. What an marvellous achievement.

## E-safety tips from Mr Yasir



### **Internet Safety – Holiday Advice for Parents**

As children enjoy a well-earned break, they may spend more time online—playing games, watching videos, or chatting with friends. It’s the perfect time to check in on how we can help them stay safe and happy while using the internet.

Here are some top tips for parents:

#### **Set clear boundaries**

Agree on screen time limits and make sure devices are used in shared family spaces where possible.

#### **Keep communication open**

Talk regularly with your child about what they’re doing online. Encourage them to speak up if something makes them feel uncomfortable.

#### **Use parental controls**

Set age-appropriate filters on apps, games, and websites. Most devices and internet providers offer easy-to-use safety settings.

It's Christmas Time – Parents guide to help keep children safe online

## It's Christmas Time!





**A Parent's Guide to Social Media**



**A Parent's Guide to Sharing Pictures**



**A Parent's Guide to Gaming**



**A Parent's Guide to Online Grooming**



scan the QR code with your phone's camera to see the guides on our website.



**A Parent's Guide to Live Streaming**



**A Parent's Guide to Online Influencers**



**A Parent's Guide to Fake News**



**A Parent's Guide to Privacy Settings**

**It's always best to be prepared**

Many parents may be planning to give electronic gadgets to their children this festive period. Our guide is designed to help parents take a realistic approach to help keep their children safe when using the internet, social media and playing online games.

**Scan the QR code to find out more.**

**Online safety is when young people know who they can tell if they feel upset by something that has happened online.**

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipssed.com Tel: +44 121 227 1941

Developed in partnership with







[www.skipssafetynet.org](http://www.skipssafetynet.org)

## Safety

### Keeping Children Safe in the Dark

Visibility is key here. Children need to be seen, not just by other motorists and cyclists, but by other pedestrians. It is vital to teach your children good road safety basics from an early age. Explain to children why they should not run across the road, show them how to identify safe places to cross and reinforce the importance of road safety. It is unsafe for young children to run ahead from their accompanying adult, or to whizz past on their scooters. Drivers may not spot a child on their own.

### Hold their hand on dark nights

It is good advice to always hold little one's hands especially near roads. Be prepared if something scares them and they panic and run.

### Visibility on dark nights

Think about what your child is wearing. Some school uniforms are dark. They are safer if they are visible, and you can easily add high-visibility reflective strips on their clothing, school bags or bike helmets. Additionally, they could carry a torch.

### **Driveway safety on dark nights**

Research from RoSPA shows that since 2008, at least 28 children have been killed on, or near, the driveways of their home. With 25 of these deaths being a child being hit by a reversing vehicle. Tragically most of the victims were toddlers aged between one and two years old. The rest were aged between three to seven years old. These ages suggest that poor safety awareness and visibility played a key part. According to RoSPA, it is not until the age of four or five years that children begin to understand the concept of danger and begin to take notice of warnings given to them.

Additionally, in the majority of these cases, the driver of the vehicle was an adult member of the child's family, a neighbour or a visitor to the house. Sadly, this also happened at the school gates where my cousin attends. The mother accidentally reversed over her child and killed them. Sometimes in our hurry to move onto the next thing, a lapse in concentration can have catastrophic consequences.

The darker conditions in Autumn and Winter mean it is even more important to double check that your pets and children are safely out of harm's way before you drive off. T

### [Dates for the diary](#)

School closes for the summer on Friday 19th December at 2.30pm. In January we will return on Tuesday 6th at 8.45am.

6th January: School re-opens

20th January: Girls Football match

21st January: Birmingham Primary Girls Football Tournament

23rd January: Beacon School Support Parent Workshop

23rd January: Own clothes day for toiletries for St Chad's Sanctuary

26th January: Year 5 Sleep Hygiene Workshop

2nd February: Mental Health Week

2nd February: Year 5 trip to the Space Centre

10th February: HSBC Workshops for Year 4 and 6

11th February: Year 5 Workshop with Fr Hudson's

12th February: School closes for half term break

## School Notices

### Earrings

Can I please remind parents that children are only permitted to wear a small gold stud to school and these need to be removed for PE, in line with our Health and Safety policy. Thank you to all the parents who support school with this policy.

### Contact Details

If any of your details have changed recently can we please ask that you contact the school office. This could be a change of address, or a change of phone number or perhaps a change in emergency contact details. We will then update our school records accordingly. If you wish to change the names of people on the pick-up list please contact the school office.

### School Website

Please refer to the website to find out information about the school and events that are taking place in school. It is possible to sync the school calendar to your mobile phone.

### Parking Arrangements

We have been fortunate to have secured arrangements to use the Mosque car park. The carpark will be open for parents to use from 8.30am until 9.15am each morning and from 2.45pm until 3.45pm every afternoon except Friday. Can we once again stress the importance of using this facility rather than parking on pavements, blocking gates and using the corner of roads. **DO NOT USE THE CHURCH CARPARK FOR PARKING.**

Once again we have a number of cars that are being parked in such a way that may endanger the lives of children including double parking. The police have issued a number of tickets to drivers and will continue to monitor parking and driving on Bridge Road. If you see anyone parking or driving dangerously you can take a picture and share on the website below.

<https://nextbase.co.uk/national-dash-cam-safety-portal/>

This can be used to prosecute drivers.

### **Free School Meals**

If you feel your child is entitled to free school meals please contact Mrs Kennedy and she will do an online search. This will enable families to access HAF events free of charge during the holidays.

### **Play Equipment**

Can I please remind parents that the play equipment is not for use at the end of the day especially by young children. Please keep your children with you and don't allow them to use as we do not have adults to supervise and there is a risk of accidents happening.

### **Early Help Offer**

Please remember to visit our Early Help Offer on the school webpage where you will find information about the support we can offer as a school. If at any point you need additional support please see myself, Mrs Banks or any member of our pastoral team.

<https://www.rosaryrc.bham.sch.uk/early-help-offer/>

### **Safeguarding**

If you have any concerns about a child please contact a member of our safeguarding team. Information can be found on our webpage.

<https://www.rosaryrc.bham.sch.uk/safeguarding/>

### **My Family Coach**

There are times when we all need help with parenting. My Family Coach is a free online service with lots of videos and advice on how to support children at each stage of their development. Please take some time to view the resources available to support with the many challenges of parenting. <https://www.myfamilycoach.com/>

## Community Notices

Birmingham School Health Support Service

**NHS**  
Birmingham  
Community Healthcare  
NHS Foundation Trust

# SCHOOL NURSE VIRTUAL DROP-IN CLINIC

Every  
Tuesday  
and  
Thursday  
from  
4:30-5:30pm

Your School Nurse is here to help you feel healthy, happy and safe during your school years and to get the best from your education.

**Join the link and talk to a School Nurse.** We provide a confidential and friendly service.

<https://nhs.vc/BCHC/C-F/Schl-Nurse/Drop-In>



Best Care  
Healthy Communities

attendanywhere™

**NHS**  
Birmingham  
Community Healthcare  
NHS Foundation Trust

# ChatHealth

Do you know where I can get some health advice?

The School Health Support Service can help students with all kind of things like...

Relationships, mental health, alcohol, bullying, self-harm, smoking, drugs and healthy eating

Text the School Nurse for confidential advice and support on **07480635485**

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting **STOP** to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

**norton hall**  
children & family centre

After school and holiday activities for 4-16 year olds

Football club  
Martial arts  
After school club  
Holiday care and Holiday play scheme

**After school and holiday activities**

f @NortonHallCFC  
i @NortonHallCFC  
y @NortonHallCFC

QR CODE  
NORTONHALLCFC

**Football club** Boys & girls 8-12 years  
Come train and be part of a team  
Tuesdays 6pm to 7.30pm  
£3 per session



**Martial arts** 5-16 years  
Help your child with their coordination, respect, concentration, behaviour, fitness and direction  
Fridays 4.30pm to 5.30pm  
£4 per session



**Holiday care** 4-14 years  
Week days 8.45am to 5.15pm  
Full day care, breakfast, evening snack. Packed lunch required.



**Holiday play scheme** 4-14 years  
Week days 10am to 3pm  
A range of activities including sports, creative arts, cooking, team games, workshops, off site activities, outings. Packed lunch required.

**After school club** 4-14 years  
Monday to Thursday 3pm to 6pm  
Play opportunities, collections from local schools, snack included.  
£48 weekly (£46 for siblings)  
£14 daily (£13 for siblings)  
We accept college/university finance places



**Youth groups**  
Boys and Girls youth groups

Contact Reece Keye or Rico Gardner-Blake... **0121 328 3043**

Norton Hall Children & Family Centre, Ralph Road, Saltley, Birmingham B8 1NA  
Norton Hall Children & Family Centre is a registered charity (no. 1112752) and a company limited by guarantee registered in England (no. 9688396)

# Nurturing ADHD Kids

Free online courses for parents and carers of children and young people with ADHD

## Does your child have ADHD or suspected ADHD?

Join one of our friendly six week course to learn how to understand and support them

You can join the day time session or the evening one.

It is online so you join from your own home.

You can register using the QR codes or email

[contactus@brewseducation.org](mailto:contactus@brewseducation.org)

Registration closes at 5 pm on Friday 2<sup>nd</sup> January 2026

**Wednesday mornings 10- 11.30am**  
starting Wednesday 7<sup>th</sup> January 2026

**Thursday evenings 7- 8.30 pm**  
starting Thursday 8<sup>th</sup> January 2026

**LED BY ADULTS WITH ADHD**

**forward carers**

**BREWS CIP**

Birmingham Resilience Education and Wellbeing Services CIC CIC Business Registration: 13240865

# Top Tips for Teeth

**Keep your treats to mealtimes only!**

Brush teeth and gums twice a day for 2 minutes.  
Last thing at night and at least one other time in the day.  
Change your toothbrush if the bristles become splayed or every 3 months.

Use a family strength fluoride toothpaste containing 1350-1500 ppm fluoride.  
Spit out the toothpaste after brushing, do not rinse!

Keep your snack times happy and healthy by having fruits and vegetables.  
Drinking tap water is great. Fluoride in the water will help keep your teeth strong. Plain semi-skimmed milk is another good choice.

Visit your dentist as often as recommended. This is very important.

Follow these tips and tricks to look after your smile.

Happy teeth, healthy you & happy smiles!