



### **Introduction**

This policy advises staff and parents on the basic standards that should be followed to maintain good oral health in school.

Oral health is an important part of general health and well-being. Good oral health enables individuals to communicate effectively, to eat and enjoy a variety of foods, and is important in overall quality of life, self-esteem and social confidence. Oral diseases are largely preventable. Pain, discomfort, sleepless nights, limitation in eating function leading to poor nutrition, and time off school due to dental problems are all common impacts of oral diseases.

The government framework states that early years providers must promote good oral health of children who attend their setting.

Oral health is important, even with baby teeth. This is because children's teeth:

- help them to bite and chew
- support speech and language development
- help them feel confident when they smile
- baby teeth make space for and help to guide adult teeth

Good oral health also keeps children free from toothache, infection and swollen gums. We promote good oral health by linking it to other key topics, like self-care, healthy eating, and physical development as part of the national curriculum.

There are a number of ways parents and carers can promote good oral health at home this is by brushing twice daily with a fluoride toothpaste, regular visits to the dentist and reducing sugar frequency within the diet.

An Oral Health Promoter from South Tyneside and Sunderland NHS Foundation Trust has been allocated to our school to work with the staff to encourage good oral health routines.

### **What we provide**

We offer milk and water to drink at snack times

Use of water bottles are encouraged during the school day, we discourage children from bringing bottles with juice/cordial into school. We do not allow fizzy drinks and energy drinks in school.

We only offer healthy snacks to eat

Children are offered fruit as part of fruit in schools' scheme. No dried fruit should be given routinely as a snack, although on occasion dried fruit may be provided by the free fruit scheme after school holiday periods. Children are offered bagel every morning as part of our breakfast of our breakfast scheme.

Developed December 2023 after Oral Hygiene Training

Review Date - Review as changes occur

JMG, RC



## **Primary School Oral Health Policy**

### **School Meals**

Dolce provide our school meals.

### **Packed Lunches**

Children are allowed to bring a packed lunch. Children are not allowed to bring fizzy drinks as part of their packed lunch. Instead they will be given the same drinks as the children having school lunch i.e. their personal water bottles. Children are not allowed to bring sweets/chocolate as part of their packed lunch but are encouraged to bring a healthy, well balanced meal. If we feel a child is not eating a nutritious packed lunch this will be discussed with parents.

### **Dental Visits**

It is very important that children have regular dental examinations starting as young an age as possible. Visit or phone the practice of your choice and ask if they are happy to see your child under the NHS. You are not obliged to stay at the same dentist and can change practice if you want to, however it is getting increasingly difficult to find an NHS dentist.

To locate an NHS dentist who is accepting new and/or emergency patients please access <https://www.nhs.uk/service-search/find-a-dentist> or dial 111 for dental emergency and out of hours care.

### **Birthdays & Celebrations**

Birthdays and celebrations are an important part of a child's life. Children are allowed to bring fruit, small toys or gifts to share with other children in their class or year group. We do not allow birthday cakes, biscuits or sweets as part of our oral health policy. Parents are made aware of this through the school policy on the website and when they start school in nursery or reception. (This does not apply at school parties, celebrations to mark religious or cultural occasions, or at fund raising events)

Riverside Primary Academy school has a points/ rewards system in place. Class Dojo is a great opportunity for children to earn extra points which can then be exchanged for golden tickets collected at the end of the year and exchanged for prizes/trips. Children are not allowed to bring sweets or confectionary in to school.

We do offer sweets as a reward (attendance prizes and Golden Ticket Tuck Shop) at the end of the school year as part of a large celebration or as a praise incentive. Sweets should never be offered to children as a reward within class on a regular basis, only as a special treat. Praise with in school as part of daily practice should be the use of stickers, dojo points etc. for good behaviour or achievement.

### **Dental emergencies**

Designated staff have had training in how to manage a dental emergency.