

High Spen Primary School Oral Health Policy

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.

Our school's Oral Health Champion is Laura Coates.

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.

We only offer milk and water to drink at snack times

Use of water bottles and drinking fountains are encouraged during the school day. No juice/cordial is given at snack times and is not allowed in water bottles. 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.

School Meals

Gateshead Council 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. Children are not allowed to bring sweets 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. As a school, we will ask and record upon admission who is your child's regular Dentist. 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. To celebrate a birthday or special occasion, children are allowed to bring a small treat to share with classmates.

Rewards

As a school, we do not offer sweets as a reward for hard work or good behaviour. Praise is given through the use of stickers, certificates, Team Points or sometimes even a dip in the box!

Dental emergencies

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

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