



# Kells Lane Primary School

## Oral Health Policy

Created: ✓	Reviewed:	C&S
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Position: Healthy Schools Lead	Date: 24 April 2024	
Adopted:		
Signed: <i>J Donabie</i>	Name: J Donabie	
Position: Chair of Governors	Date: 15 May 2024	
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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 Miss G Endean

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**

Children are encouraged to drink water during the school day and have access to a water cooler to refill their water bottles. Children who are under 5 receive free milk if required and those over 5 have the option to pay to continue to receive this. No juice/cordial is given at snack times and is not permitted 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 the '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 School Catering provide our school meals.

## **Packed Lunches**

Children are allowed to bring a packed lunch. Children must not bring fizzy drinks or juice as part of their packed lunch. Instead they will be given the same drinks as the children having school lunch i.e. water and milk. Children are not allowed to bring sweets as part of their packed lunch but are encouraged to bring a healthy, well balanced meal.

## **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 your child's regular dentist is. 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. . We do not allow birthday cakes, biscuits or sweets as part of our oral health policy. Parents are made aware of this and are encouraged to purchase a Birthday Book for their child's class to celebrate their birthday as an alternative. (This does not apply at school parties, celebrations to mark religious or cultural occasions, or at fundraising events)

## **Rewards**

Sweets should never be offered to children as a reward. Praise, use of stickers and team points are awarded for good effort and behaviour. The school Trackit-Lights programme encourages children to earn points for their team. This is celebrated in assembly each Friday and each half term the winning team is rewarded with tokens to buy a small toy or puzzle at 'The Shack' at playtime. Children are not allowed to bring sweets or confectionary in to school.

**Review Date: 30 April 2027**

