

**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 Hayley Gray

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 sugar free drinks and water to drink at snack times**

Use of water bottles are encouraged during the school day. We do not allow fizzy drinks and energy drinks in school for pupils to have.

**We offer healthy snacks to eat daily**

Children are offered fruit and healthy snacks.

**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 i.e. water/ no added sugar juice and milk. We encourage not bringing sweets as part of their packed lunch, but instead suggest bringing 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 may ask and record upon admission who is your child’s regular 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 to bring cake to share with other children in their class or year group, and we will time the celebrations to fit in with our tooth brushing program.

**Dental emergencies**

Parent will be contacted in any incidents of dental emergencies or concerns

**Date: January 2025**

**Review Date: on going**