



**Parkhead
Community
Primary School**

Oral Health Policy

Date of Policy:	March 2025
Date approved by Governors:	
Next annual review date:	March 2026

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 Champions are Miss Glenton and Miss Moffatt.

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. All staff have received training from the Oral Health team.

We only offer milk and water to drink at snack times

Use of water bottles are encouraged during the school day and children in EYFS are offered milk throughout the 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

As children arrive at school we have grab and go breakfast items for those children who have not had breakfast at home. These items include fresh fruit. Children in EYFS and KS1 are offered a piece of fruit. In EYFS this is available for the children throughout the school day and in KS1 this is available at breaktimes. Children in KS2 are also offered a slice of wholemeal toast during breaktime.

School Meals

Orian Solutions provide our school meals. Their food service provides a healthy, balanced meal for each child daily.

Packed Lunches

Children are allowed to bring a packed lunch. Children are not allowed to bring fizzy drinks as part of their packed lunch. Children bring their water bottles to drink from or are offered a glass of water. 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. If a child is not registered with a dentist, parents/carers will be signposted to where they can register with a 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 sweets or a birthday cake in to share with their class. These sweets are given at the end of the day so parents can decide the best time for them to be eaten. If cake is brought into school, class teachers will determine an appropriate time for this to be given to children. A small snack such as a cupcake or sweets are given out during parties and celebrations within school.

Rewards

Sweets should never be offered to children as a reward. Praise and use of certificates should be given to children for good behaviour or achievement. Parkhead Community Primary School uses Class Dojo to hand out reward points.

Dental emergencies

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