

Greenside Primary School

Oral Health Policy

Introduction

This policy is a statement of the aims and strategies for the promotion of oral health. It is intended to act as a reference point and to inform pupils, staff, parents, governors, LA officers and inspectors. This policy advises you on the basic standards that should be adopted to maintain good oral health in school.

Rationale

Oral health is an integral element 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.

Guidelines

As part of the ongoing work in Greenside Primary School we follow guidelines for healthy teeth. The guidelines we have promote the importance of good oral health and encourage habits conducive with this are:

We only offer milk and water to drink at snack times

Access to fresh water is available during breakfast club, the school day and at after school clubs. Use of water bottles (water only) is encouraged throughout the day and no juice is given at snack times. Milk is available to children in the Nursery as well as water.

We only offer healthy snacks to eat

Children are offered fruit as part of fruit in schools scheme in Nursery to Year 2. Dried fruit is available occasionally through this scheme. A fruit tuck shop offering fresh fruit is available daily to Key Stage 2 children.

We offer rewards of small prizes, stickers and house merits.

Sweets are not used as part of our ongoing reward system in school. Children are discouraged from having sweet treats in packed lunch boxes through our healthy packed lunch policy. Cakes and sweets are not accepted in school as whole class celebration of birthdays.

We take part in dental health activities

Oral health is embedded within our curriculum. We work collaboratively with dental health teams to promote oral health through a range of activities such as modelling effective tooth brushing and dental health checks in school.

We promote positive oral health messages in school

During special occasions e.g. Class Christmas Party children are encouraged to eat savoury foods before sweet treats. Key messages regarding oral health are repeated at these times.

Regular Dental Care

It is very important that children have regular dental examinations starting as young an age as possible. We encourage registration of with a local dental clinic and ask parents to provide this information as part of our information collection process on entry to school.

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