FALLA PARK COMMUNITY 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.

Supervised Toothbrushing Programme

Our school currently has a Supervised Toothbrushing Programme in Nursery, Reception and Year 1. The aim of this programme is for every child to brush their teeth with a fluoride toothpaste once a day and twice a day at home. Oral hygiene take home packs containing fluoride toothpaste, a toothbrush and a toothbrush chart will be given to every child taking part in the programme.
Our school's Oral Health Champion is Laura Buckley

An Oral Health Promoter from South Tyneside and Sunderland NHS Foundation Trust has been allocated to our school to help staff set up the Supervised Toothbrushing Programme and help to encourage good oral health routines.

Drinks

Use of water bottles 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.

Healthy Snacks

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. 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/carers.

Dental Visits

It is very important that children have regular dental examinations starting as young an age as possible. 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. 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 through the school policy on the website and when they start school in nursery or reception. This does not apply at school parties, celebrations to mark religious or cultural occasions, or at fund raising events.

Rewards

Sweets should never be offered to children as a reward. Praise, use of stickers or stars etc. should be given to children for good behaviour or achievement. Falla Park Community Primary School also uses Dojo points as a reward. This is a great opportunity for children to earn extra points which can then be exchanged for extra play time. Children are not allowed to bring sweets or confectionary in to school.

Dental emergencies

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

Date: September 2026

Review Date: September 2027