

Oral Health Policy

Intent

Tooth decay is largely preventable yet it remains a serious problem. Findings from Public Health England's (PHE) 2002 national dental epidemiology survey of 5 year old children showed that in 2022 in England, 29.3% of 5 year olds had experienced tooth decay, having on average 3 or 4 teeth affected. The vast majority of tooth decay was untreated. (gov.uk). We as a school would like to make that figure much lower by promoting good oral health and some classes to take part in supervised toothbrushing programme.

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.

We want our students to lead a healthy and safe lifestyle, teach them to care for their own oral health and provide them with all the right tools that will enable them to seek information or support, should they need it, both during their school years and after.

The government framework states that early years providers must promote good oral health of children who attend their setting. This policy advises staff and parents on the basic standards that should be followed to maintain good oral health in school.

Parents are given the opportunity to discuss this policy at parents' evenings, governors, teachers and non-teaching staff are invited to discuss the policy during planned training sessions. The policy is reviewed and ratified by the governing body annually.

Oral Health

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. Training will be provided by the Oral Health Promoter of South Tyneside and Sunderland NHS Foundation Trust for all relevant staff to be confident in taking part in the School Tooth brushing Programme. Training will also be scheduled around any updated oral health guidance to all staff to ensure updated knowledge in promoting good oral health.

Our school's Oral Health Champion is Katie Willis.

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, 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 emergencies and out of hours care.

Alternatively the Community Dental Service from South Tyneside Foundation Trust covering Gateshead, South Tyneside and Sunderland provide a full range of treatments for patients of all ages who have difficulty in accessing treatment from general dental services. Dental care is provided, on referral and by appointment only for patients with a wide range of special needs. This will include; individuals who are medically compromised or have mental health issues; adults and children with severe learning disabilities or physical disabilities and children with behavioural management issues. This care includes routine care, specialised clinical services in paediatric dentistry, sedation and general anaesthesia in a hospital setting. Patients who fit the referral criteria can be seen following a referral by a health or social care professional, care provider or voluntary organisation. Self-referrals from those fitting the referral criteria will also be accepted. For further information contact Dental Admin Team: 0191 5026751
<https://www.stsft.nhs.uk/services/dental-services>

Dental Emergencies

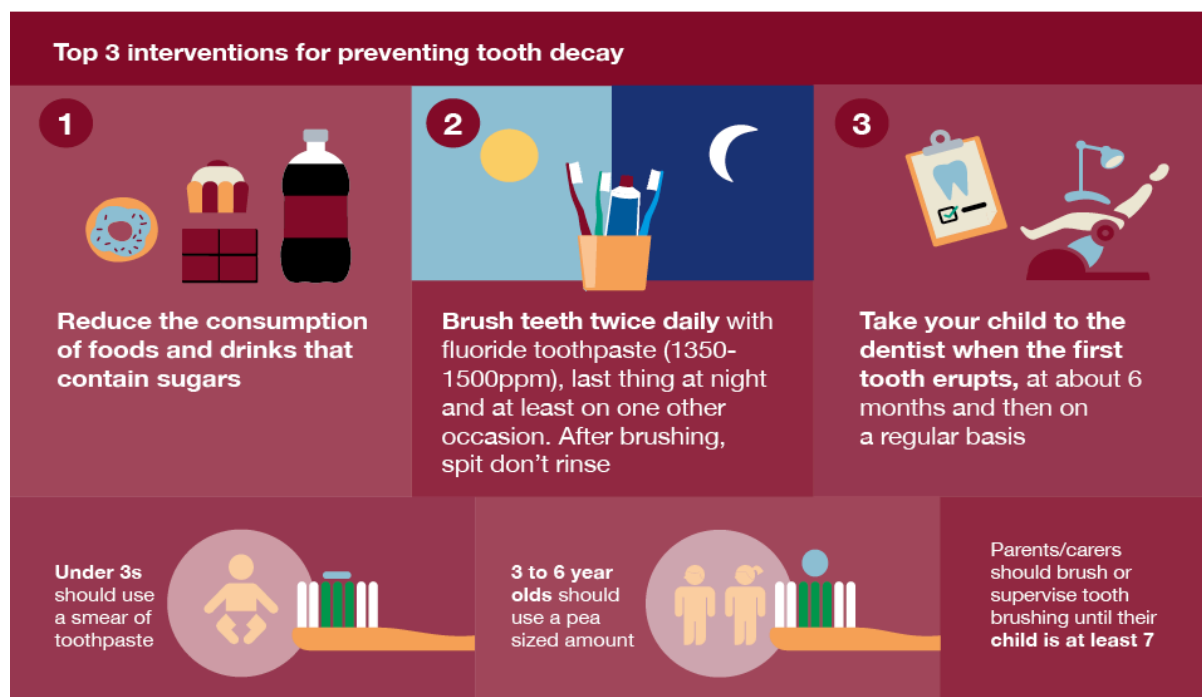
On occasions children may injure themselves affecting the mouth. If an adult tooth is knocked out the sooner it is re-implanted, the more likely it is to embed itself back into the gum. If a child has sustained a facial injury this will be assessed by the first aider in school. Who will follow the advice given by NHS choices as below:

This is for adult teeth only; **children's baby teeth should not be implanted.**

- The tooth should be handled by the top white part (the crown) and avoid touching the root.
- Do not scrape or brush the tooth.
- If the tooth is dirty, it should be rinsed with milk or a saline (salt water) solution and placed back into its socket in the mouth as soon as possible. The tooth should not be rinsed with water or alcohol.
- When the tooth is back in its socket, ask the child to bite down onto a clean piece of material (such as a handkerchief) or a wet tea bag to keep it in place.
- If the tooth cannot be re implanted it should be held between the cheek and gum until the child can manage to see a dentist, or store the tooth in a clean container and cover it with milk or a small amount of saliva.

Parents and carers should be informed immediately so that a dental appointment can be made.

Chipped or broken teeth should be reported to parents and carers in line with the school accident policy where non-emergency appointments can be made.



Roles and responsibilities

The governing board is responsible for:

- Ensuring all pupils make progress in achieving their expected educational outcomes.
- Ensuring Oral health education curriculum is well-led, effectively managed and well-planned.
- Evaluating the quality of provision through regular and effective self-evaluation.
- Ensuring that teaching is delivered in ways that are accessible to all pupils with SEND.
- Providing clear information to parents on the subject content.
- Ensuring oral health is resourced, staffed and timetabled in a way that ensures the school can fulfil its legal obligations.

The headteacher is responsible for:

The overall implementation of this policy.

- Ensuring all staff are suitably trained to deliver the subjects.
- Ensuring parents are fully informed of this policy.
- Encouraging parents to be involved in consultations regarding the school's oral health policy.
- Reviewing this policy on an annual basis.
- Reporting to the governing board on the effectiveness of this policy and the curriculum.

The DSL is responsible for:

- Offering advice and consultation for safeguarding-related subjects in the oral health policy.
- Promoting knowledge and awareness of safeguarding issues amongst staff and parents.
- Being an appropriate point of contact for staff who have concerns about the welfare of a pupil that have arisen through the teaching of oral health.

Oral health champion is responsible for:

- Overseeing the delivery of oral health and reviewing this policy annually. This policy is developed in consultation with school parents, pupils and staff to ensure that it meets the needs of the whole school community.
- Ensuring the continuity and progression between each year group.
- Helping to develop colleagues' expertise in the subject.
- Ensuring teachers are provided with adequate resources to support teaching of oral health.
- Organising and providing CPD opportunities.
- Provide clear information to parents and carers on the subject content and the right to request that their child is withdrawn.

All staff will:

- Act in accordance with, and promoting, this policy. Any areas that they feel are not covered or inadequately provided for should be reported back to the oral health champion.
- Deliver Oral health education in a manner that is sensitive, of high quality and appropriate for each year group.
- Planning lessons effectively, ensuring a range of appropriate teaching methods and resources are in place and matched to needs to cover the content.
- Modelling positive attitudes to good oral health.
- Reporting any concerns regarding the teaching of oral health to the oral health champion and Deputy Head teacher.
- Reporting any safeguarding concerns or disclosures that pupils may make as a result of the subject content to the DSL.
- Attend and engage in professional development training around oral health.
- Effectively differentiate their lessons to suit all pupils in their class, across the whole range of abilities.
- Will follow the school reward system house points or smiley faces for phase 1 and sweets will not be offered to children as a reward.

All Pupils will:

- Pupils are expected to attend Oral health education lessons that are in their school timetable and take them seriously.
- Share any concerns they have in school related to oral health.

Parents and carers

- The school expects parents and carers to share the responsibility of promoting good oral health and support their children's personal, social, and emotional development. Parents are also encouraged to seek additional support in this from the school where they feel it is needed.

- Support school and enable pupils to brush teeth in school (where classes are taking part in the toothbrushing scheme).
- 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.
- Promote good oral health through a balanced diet when providing packed lunch.

Delivery of the curriculum

The majority of oral health will be delivered through the PSHE curriculum and lifeskills SOW. The school seeks opportunities to draw links between oral health in a range of curriculum subjects wherever possible to enhance pupils' learning.

PSHE – Pupils are taught health and wellbeing and how to keep themselves healthy through oral health and a balanced diet as well as professionals who can help them keep good oral health.

- **Science** – pupils are taught about the main external parts of the body and changes to the human body as it grows.
- **Food Technology** – Pupils are taught the importance of a healthy diet for their own health and wellbeing. Pupils will understand the importance of healthy food choices when cooking or purchasing food. Pupils will be encouraged to cook 3 savoury products to every 1 sweet product made.

Working with external agencies

- Working with external agencies can enhance our delivery of oral health and bring in specialist knowledge and different ways of engaging pupils.
- Tooth brushing programme- under guidance from South Tyneside and Sunderland NHS Foundation Trust specific classes will brush their teeth at school, supervised by trained staff.
- External experts may be invited to assist from time-to-time with the delivery of oral health but will be expected to comply with the provisions of this policy.
- The school will ensure the teaching delivered by the external experts fits with the planned curriculum and provisions of this policy.
- The school will discuss with the visitor the details of how they intend to deliver their sessions and ensure the content is age-appropriate and accessible for all pupils.
- The school will request copies of the materials and lesson plans the visitor will use, to ensure it meets the full range of pupils' needs.
- The school will use visitors to enhance teaching by an appropriate member of the teaching staff, not to replace teaching by those staff.

School Meals

Food served through the school canteen must meet the school food standards so that pupils have healthy, balanced diets. These standards are intended to help children develop healthy eating habits and ensure they get the energy and nutrition they need across the school day.

A child's healthy, balanced diet should consist of

- Plenty of fruit and vegetables.
- Plenty of unrefined starchy foods.
- Some meat, fish, eggs beans and other non-dairy sources of protein.
- Some milk and dairy foods.
- A small amount of food and drink high in fat, sugar and / or salt.

School food other than lunch

Oral health is affected by the frequent consumption of food or drinks that contain extrinsic sugars. **Epinay School** recognises the importance of reducing the frequency of sugary food / drinks that are available in school to tackle tooth decay and to comply with The Requirements for School Food Regulations 2014.

{available at <https://www.legislation.gov.uk/uksi/2014/1603/made>}

Epinay School is committed to

- Providing free, fresh drinking water which is available at all times.
- Providing lower fat milk which will be available at least once a day for phase 1 students. .
- Providing fresh whole fruit as a snack in between meals for phase 1 (on occasion dried fruit may be provided by the free fruit schemes).
- Not allowing cakes or sweets to be consumed in school (this does not apply at parties, celebrations to mark religious or cultural occasions, or at fundraising events)

Birthday celebrations

Birthday celebrations are an important part of students' life in Epina y school and provide them with an opportunity that they may otherwise not experience. We celebrate birthdays in whole school assemblies and students are able to bring in birthday cakes and sweets to celebrate with their pastoral class.

School events and celebrations.

Whole school celebrations and events are an important part of Epina y school. Students will have the opportunity to help raise awareness and fundraising for local and National charities through a range of activities including Cake stalls, tombola and raffles. As a school, we celebrate key events in our academic year and students have the opportunity to participate in whole school parties, discos and film events where tuck shops and sweets stalls will be available for students to purchase.

Enterprise

Students take part in a range of enterprise lessons through DT, personal development afternoons and Enterprise interventions. Lessons allow students to learn new skills, work in a team, communicate effectively with others and

budget a small business. As a school we understand the importance of reducing the amount of sugary food and drinks to help prevent tooth decay. All food items produced by enterprise teams can be purchased as gifts and must be consumed off site. Sweet product production and purchase will take place in the final week of each 1/2 term

Policy approved by Governors: October 2026

Date of next review by Governors: October 2027