



Bilston C of E Primary School

Oral Health Policy

Adopted by Governing body

Review Date: November 2022

Oral Health Policy

Bilston C of E Primary School Oral Health Policy sets out the school's formal commitment to providing a high standard of oral health education, linking this to teaching and learning and life skills to promote optimum health in all of our students.

The Governors aim to ensure that all aspects of education around oral health at Bilston C of E Primary School promote the health and wellbeing of pupils ensuring positive and proactive partnerships between pupils, parents, staff and other relevant professionals. supporting individual needs (cultural, ethical and medical) as appropriate.

Bilston C of E Primary School is committed to:

- Identifying opportunities to work with agencies which support Oral Health and deliver effective oral health education involving staff, parents and pupils.
- Planning and delivering effective oral health education through participating in local initiatives as determined by Public Health England (PHE).
- Raising concerns relating to oral health of pupils in line with our safeguarding policy.

By implementing our Oral Health Policy there will be a formal structure in place to allow feedback from students, staff and parents and we are committed to responding appropriately to such feedback. We will link oral health to what is taught in the curriculum to ensure students receive consistent and up to date messages around oral hygiene and healthy eating. The school oral health policy will be linked to the PSHE, Science and RSA curriculum.

Bilston C of E Primary School named Oral health lead is Mrs Morgan.

Tooth Brushing

Tooth brushing resources are provided by the school for tooth brushing in Reception and we will encourage students to brush their teeth at home using strategies taught by the school nurse when she is invited into school to talk to both parents and children about dental hygiene and its importance. We do this with the support of the school staff and reinforcing messages to parents at home.

Bilston C of E Primary School is committed to:

- Supporting both parents and children in the prevention of dental decay through promotion of good dental hygiene practices.
- Encouraging all students to participate in learning activities that promote good dental health and care of teeth.
- Maintaining a high standard of staff knowledge base in Oral Health education.

Healthy Eating

School Meals

Food served in schools and academies in England must meet the school food standards so that children 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. At Bilston C of E Primary School, we follow DfE Guidance 'School food standards practical guide' (updated in May 2022) and we recognise the importance of reducing the frequency of sugary food / drinks that are available in school to tackle tooth decay and promote a healthy diet.

Bilston C of E Primary School is committed to

- Providing free, fresh drinking water which is available at all times.
- Providing fresh whole fruit as a snack in between meals (on occasion dried fruit may be provided by the free fruit scheme after school holiday periods).

Dental Emergencies

Knocked out tooth

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).
- 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.

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

Parent / guardians should be informed immediately so that a dental appointment can be made. In the event that the pupil does not have a dentist, they should seek immediate medical assistance.

Oral Health Education

Providing the children with a sound knowledge in oral health is a priority at *Bilston C of E Primary School* we strive to provide a holistic approach to health whereby dental health is given equal priority to general health messages.

Bilston C of E Primary School is committed to

- Providing parents with relevant information / literature relating to oral health.
- Working in partnership with dental professionals.
- Providing dental health education to all pupils.
- Incorporating dental health education into the curriculum
- Utilising resources available from the community Nurses, NHS website and other dental hygiene websites.