



St Joseph's RC Primary

Oral Health Policy

Approved: Summer 2015

Review Date: Summer 2017

Oral Health Policy

St Joseph's oral health policy sets out the schools formal commitment to providing a high standard of oral health promotion, linking this to education and life skills to promote optimum health in all of our students.

The Governors aim to ensure that all aspects of oral health promotion at St Joseph's promotes the health and wellbeing of pupils, staff and visitors to our school, supporting individual needs (cultural, ethical and medical) as appropriate.

The Governors will ensure the creation of partnerships between staff; pupils, parents and other relevant groups so that all those involved in oral health at St Joseph's have the opportunity to plan, implement deliver and evaluate oral health promotion.

St Joseph's is committed to

- Supporting partnerships with agencies which support Oral Health and deliver effective oral health promotion involving staff, parents and pupils.
- Planning and delivering effective oral health promotion 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. This will ensure that we continue to rate oral health very highly as demonstrated by the high standard set by our local Oral Health Promotion service. 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 nutrition and food policy which relates to the Government school food regulations, to Every Child Matters agenda and to the National Healthy Schools Programme.

St Joseph's named Oral health lead is Alison Dybell



Tooth Brushing

A daily supervised tooth brushing programme is a local initiative to help improve the oral health of children in Teesside. St. Joseph's has been identified to deliver tooth brushing in Reception. Tooth brushing resources are provided by the Oral Health Promotion Department subject to funding and consist of storage racks, toothbrushes and toothpaste. We encourage students to brush their teeth at home and in the education setting. We do this with the support of the school staff and reinforcing messages to parents at home.

St. Joseph's is committed to

- Delivering the tooth brushing scheme in line with the recommendations set out by the Oral Health Promotion Department.
- Implementing a high stand of cross infection control in line with the recommendations set out by the Oral Health Promotion Department.
- Encouraging all students to participate in the scheme at school and at home.
- Maintaining a high standard of staff knowledge base in Oral Health Promotion.

Guidance on Tooth Brushing in school

- The school will have a nominated oral health lead person responsible for liaising with the Oral Health Promotion Department, and ensuring the effective delivery of the scheme in school.
- Staff involved in the tooth brushing scheme will be suitably trained, training will be recorded and monitored.
- All parents will be made aware of the scheme via consent letter (Negative Consent)
- Tooth brushing will take place in a suitable environment in line with cross infection control.
- All children are supervised whilst brushing.
- Storage racks will be maintained, and cleaned on a regular basis in line with cross infection control.
- Every child will have their own identifiable toothbrush.
- A fluoride toothpaste will be used which contains the current recommended level of Fluoride.
- Every child will use toothpaste which has been solely dispensed onto no toothbrush other than their own.
- A pea sized amount of fluoride toothpaste will be dispensed.
- Toothbrushes will be replaced every three months or sooner if required, when bristles become splayed, are dropped on the floor or used by a pupil with a contagious infection.
- Staff will wash hands before and after each brushing session.
- Toothbrushes will be stored in an upright position, out of reach of children, away from toileting facilities and left to air dry when not in use.
- Storage equipment will be washed weekly, and replaced if cracked, scratched or rough surfaces appear.

Appendix A sets out specific tooth brushing routines in St. Joseph's



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.

At St. Joseph's water is served at lunchtime for both children having a hot school lunch and for children bringing a packed lunch from home.

Packed Lunches must not contain sweets or chocolate bars. If these are included they will be sent home with a note explaining why.

School food other than lunch

Oral health is affected by the frequent consumption of food or drinks that contain extrinsic sugars. St. Joseph's recognises the importance of reducing the frequency of sugary food / drinks that are available in school to tackle tooth decay.

St. Joseph's 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 to children under 5.
- Providing fresh whole fruit as a snack in between meals (on occasion dried fruit may be provided by the free fruit scheme) for children in Foundation Stage and Key Stage 1.
- Encouraging fresh whole fruits as a snack to be brought in from home for children in Key Stage 2.
- Not giving sweets as rewards. (this does not apply at parties, celebrations to mark religious or cultural occasions, or at fund raising events)
- Cooking activities in school will promote healthy eating and on any occasions where cakes or biscuits are made these will be sent home.
- Not allowing cakes to be consumed in school (this does not apply at parties, celebrations to mark religious or cultural occasions, or at fund raising events)
- Sending home any confectionary that is brought into school.

Healthy snack guide Appendix B



Dental Emergencies

Knocked – out tooth

On occasions children may injure themselves affecting the mouth. If a 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 below:

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

- Handle the tooth by the white bit at the top (the crown) and avoid touching the root.
- Do not scrape or brush the tooth.
- If the tooth is dirty, rinse it with milk or a saline (salt water) solution and try to put the tooth back into its socket in your mouth as soon as possible. Do not rinse the tooth with water or alcohol.
- When the tooth is back in its socket, bite down onto a clean piece of material (such as a handkerchief) or a wet tea bag to keep it in place.
- If you cannot re implant the tooth, hold it between your cheek and gum until you manage to see a dentist, or store the tooth in a clean container and cover it with milk or a small amount of your 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, the Teesside Dental Helpline can be called for information on local dental practices. 0345 045 0620 or text 07700 380000.

Oral Health Education

Providing the children with a sound knowledge in oral health is a priority at St. Joseph's we strive to provide a holistic approach to health whereby dental health is given equal priority to general health messages.

St. Joseph's is committed to

- Providing parents with relevant information relating to oral health.
- Working in partnership with dental professionals.
- Providing dental health education to all pupils.
- Incorporating dental health education into the curriculum.

Further guidance on oral health can be obtained from
Tees Community Dental Service
Oral Health Promotion Department
01642 416200



Appendix A

St. Joseph's follows the following procedure when tooth brushing with children in school.
Tooth brushing is supervised by Mrs Anne Conway.

Year Group Brushing

Nursery (am) Nursery (pm) Reception X

Other × Year 1

Racks

Z Racks × No 2 for each class

Tooth Brush Type

Toy × Healthy Snacks Sports

Storage area (up high)

Shelves × Cupboard

Other Please specify.....

Tooth brushing Area:

In the classroom (Dry brush) × in washroom sinks in classroom sink

Other please specify.....

Cleaning procedure:

Decontamination of area pre and post activity × Area thoroughly cleaned

Product used please Specify- appropriate cleaning materials

Racks cleaned weekly × Dishwasher other method please specify.....

Method of brushing:

1 tube of labelled paste per child 1 tube of paste dispensed (onto something other than brush) ×

Rotational brushing × Number..... Frequency.....

Every child every day



Oral Health Snack Guidance

Between Meals - healthy snacks between meals should be encouraged to cut down on the frequency of sugars

Foods

- Fresh fruit and vegetables
- Salads including pasta, wholegrain rice and couscous (Occasionally)
- Hard boiled egg
- Small portions of Cheese (*not exceeding 30g in 1 day*), cream cheese or cottage cheese
- Hummus
- Bread or toast - including white, wholemeal, granary, brown, wheatgerm, multigrain, potato bread, chapattis, plain baked naan, rotis, rolls, bagels, pitta and wraps.
- Sandwiches with savoury fillings e.g. lean meat or fish, cheese, egg, salad
- Savoury scones (try making wholemeal)
- Plain popcorn
- Plain yoghurt
- Nuts and seeds

Drinks

- Plain milk
- Plain water
- Tea/coffee (without sugar)

Meal Times Only - these snacks should only be eaten occasionally and as part of a meal

- Foods
- Sweets and chocolate
- Dried fruit e.g. Raisins, apricots
- Tinned fruit - in natural juice or syrup
- Biscuits, cakes
- Fruit scones, teacakes
- Crisps
- Ice Cream
- Fruit yoghurts
- Sandwiches with sweet fillings e.g. jam
- Fruit yoghurt
- Sweet popcorn e.g. Toffee or caramel

Drinks

- Fresh fruit juice
- Diluted cordial juices
- Fizzy drinks
- Milkshakes
- Flavoured or carbonated water
- Fruit smoothies
- Hot chocolate