

Gosforth Nursery



Oral Health Policy

AUGUST 2024

Oral Health Policy

Gosforth Nursery oral health policy sets out the nursery's 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.

We aim to ensure that all aspects of oral health promotion at *Gosforth Nursery* 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 *Gosforth Nursery* have the opportunity to plan, implement deliver and evaluate oral health promotion programmes.

Gosforth Nursery are 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 Tees Community Dental Service Oral Health Promotion Department. 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.

Gosforth Nursery's named Oral health lead is _____.

All parents are advised to follow the following procedures at home –

1. Teeth will be brushed twice a day, with the 2nd being at the end of the day
2. Parents will be aware that a sweet snack should be given after lunch, if at all, to ensure it is not lying on the teeth for too long
3. Parents are advised that raisins have a high level of sugar content and stick to the teeth
4. Water is preferable to juice, however if the child refuses water then a small amount of juice may be added
5. Staff will be aware of the dental health of children and may discuss visits to the dentist

Toothbrushing

- Toothbrushing should commence as soon as the first tooth erupts
- Use fluoridated toothpaste
- Use a toothbrush with a small head and soft bristles
- Replace the toothbrush every 3 months

Healthy Eating

Nursery meal times

Nursery Meals will not be heavy in sweet food items. Instead replaced with -

- 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
- Water to drink

Gosforth Nursery are committed to -

- Providing free, fresh drinking water which is available at all times.
- Providing milk which will be available at least once a day.

Dental Emergencies

Knocked out tooth

On occasions children may injure themselves affecting the mouth. 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

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

Oral Health Education

Providing the children with a sound knowledge in oral health is a priority at *Gosforth Nursery* we strive to provide a holistic approach to health whereby dental health is given equal priority to general health messages.

Gosforth Nursery are 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
- Utilizing resources available to loan from the Oral Health Promotion Department.