



St Mary's CE Primary School

Oral Health Policy

Approved: September 2019

Review Date: by October 2020

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Oral Health Policy

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

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

St Mary'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 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.

St Mary's named Oral health lead is...Ms Saunderson-Darkes.....

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Tooth Brushing

A daily supervised tooth brushing programme is a local initiative to help improve the oral health of children in Teesside. St Mary's has been agreed to deliver tooth brushing in Foundation and KS1. Tooth brushing resources are provided by Tees Community Dental Service 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 Mary's is committed to

- Delivering the tooth brushing scheme in line with the guidance provided by the Tees Community Dental Service Oral Health Promotion Department.
- Implementing a high stand of cross infection control in line with the guidance provided by the Tees Community Dental Service, Oral Health Promotion Department and the local authority infection control policies.
- 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, which will be recorded and monitored.
- All parents will be made aware of the scheme via consent letter (positive consent sought).
- Tooth brushing will take place in a suitable environment in line with cross infection control.
- All children are supervised whilst brushing.
- Toothbrushes will be rinsed individually after each session. If by the child this should be supervised.
- Storage racks will be maintained, and cleaned on a regular basis inline with infection control.
- Every child will have their own identifiable toothbrush. (see appendix C)
- A fluoride toothpaste will be used which contains the current recommended level of Fluoride.
- Every child will use toothpaste which has been dispensed in accordance with cross infection control guidance. (see appendix D)
- A pea sized amount of fluoride toothpaste will be dispensed for all children over the age of 3yr. (see appendix C)
- Children will be encouraged to spit out excess toothpaste and should be reminded NOT to swallow the paste.
- 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. (see appendix E)
- 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.
- Representative from OHPD will observe setting quarterly to ensure compliance to standards
- The dental health link for the school will self assess against standards. (see appendix F)

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

School food other than lunch

Oral health is affected by the frequent consumption of food or drinks that contain extrinsic sugars. St. Mary's 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 <http://www.legislation.gov.uk/id/uk/si/2014/1603>

St. Mary'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 foundation children..
- Providing other low fat/low sugar drinks as part of a meal only.
- 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).
- Not giving sweets as rewards.
- 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 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.**

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- 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.

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. Mary's we strive to provide a holistic approach to health whereby dental health is given equal priority to general health messages.

St. Mary's 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
- Utilizing resources available to loan from the Oral Health Promotion Department.

Further guidance on oral health can be obtained from
 Tees Community Dental Service
 Oral Health Promotion Department
 01642 383833

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Year groups taking part in scheme	
Year	Brushing
Nursery & Rec	✓
Y1 & 2	✓
Y3 & 4	x
Y5 & 6	x

Appendix A

Class	Type of Rack	Storage Area	Tooth Brushing Area	Cleaning Procedure:	Method of brushing:
Nursery	3 Toy Racks and matching brushes	Shelf near sink out of reach of children	Children's sink in classroom	School detergent to wipe area down Tooth brushes rinsed under cold running water	Toothpaste from one tube – peas-sized spot dispensed onto paper towel for children to pick up on own brush
Reception					
Year 1					

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Year 2	2 Toy Racks and matching brushes	Shelf near sink out of reach of children	sink in classroom	Racks washed with washing up liquid. Dish washer each half term	Aim for daily cleaning for all children 2 mins brushing timed with reminders to clean each surface in turn.
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Appendix B

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)

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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






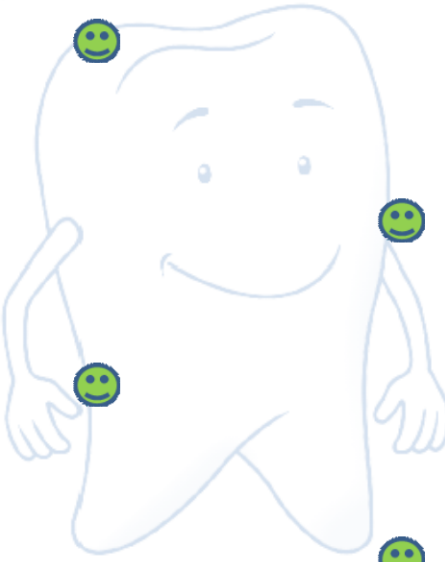













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Appendix C

<u>Toys</u>	<u>Name</u>	<u>Date</u>
 House		
 Apple		
 Bike		
 Bus		
 Chair		
 Tree		
 Coat		
 Hat		
 Pram		
 Shoe		
 Flower		
 Bed		
 Teddy		
 Bricks		
 Cup		
 Spoon		
 Ball		
 Car		
 Book		
 Pencil		

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Toothpaste Distribution Sheet

			
			
	 <p>Tees Community Dental Service</p> <p>Oral Health Promotion Department</p>		
			
			
			
			
			

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Toothbrushing Scheme Cross Infection Guidance



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| <ul style="list-style-type: none"> ✓ Give each child their own symbol recording this on the tooth brushing chart. ✓ If you wish to label brushes with the child's name, use a permanent marker pen on the brush handle. ✓ Use the laminated pea sheet as a guide as to how much paste to use. (3yrs +) ✓ Rinse brushes individually. ✓ Once rinsed—allow brushes to air dry. ✓ Store the rack and brushes out of the reach of children. ✓ Replace toothbrushes if they fall on the floor or if you think they may have been touched by another child or contagious mouth infection. ✓ Spit out excess paste | <ul style="list-style-type: none"> ✗ Don't allow brushes to touch each other at any stage. ✗ Don't use sticky labels or sticky tape on brushes or racks. ✗ If dispensing paste don't apply directly to children's toothbrushes. ✗ Don't rinse brushes all together whilst in the rack. ✗ Don't Cover the brushes. ✗ Don't store racks and brushes in toilet or bathroom areas. ✗ Don't use disinfectant / boiled water to steep or spray toothbrushes. ✗ Do not swallow paste |
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Tees Community Dental Service, Oral Health Promotion Department

01642 383833



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EXAMPLE FORM

Preschool/School

Quality

Assurance Checklist

Preschool/School Name:

This is a self assessment tool to be completed by the designated oral health lead within the preschool/school to assess compliance to the quality standards of the supervised tooth brushing scheme. The document should be completed at least annually and results discussed at the schools annual needs assessment meeting with the representative from the Tees Community Dental Service Oral Health Promotion Department (OHPD).

Organisation Standards	Implementation Yes/No
A designated oral health lead within the preschool/school has been identified to work with the (OHPD) to set up and maintain the delivery of the programme.	
All staff involved in delivering tooth brushing programme have received appropriate training in tooth brushing which includes the consideration of cross-infection procedures. This training has been recorded.	
Systems are in place to inform parents about the programme and seek their permission for their child's participation.	
Performance against the standards in this document is monitored at least annually.	
Effective Preventive Practice Standards	
Fluoride toothpaste containing 1450ppm fluoride is used: <ul style="list-style-type: none"> • Children under 3 years of age have a smear of paste applied to their brush. • Children over 3 have a pea sized amount of paste applied to their brush. 	
Where toothpaste is shared, a supervisor dispenses it onto a clean surface such as a plate or paper towel, and applies this to the child's brush	
Toothpaste is only dispensed at the time the child is ready to brush.	
Supervisors cover any cuts, abrasions or breaks in their skin with a waterproof dressing.	
Children are closely supervised during brushing and encouraged to spit out excess toothpaste during or after brushing their teeth.	
Toothbrushes are individually identifiable for each child.	
Tooth brushes are stored out of reach, rinsed thoroughly and allowed to air dry after use.	
Toothbrushes are replaced at least once per term (every 12 weeks) or once the bristles become splayed.	
Prevention and control of infection standards	
Toothbrushes are stored in appropriate storage systems as provided. There should be no contact between tooth brushes.	
Storage systems should not be stored in toilet area or within reach of children.	
Storage systems display symbols corresponding with those on the toothbrushes to allow individual identification.	
Storage systems are replaced if cracks, scratches or rough surfaces develop.	
Storage systems and storage areas are cleaned at least once a week.	

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<p>Tooth brushes that fall on the floor are discarded.</p>	
<p>Toothbrushes are not soaked in bleach or other cleaner or disinfectant. If they are, toothpaste are cleaned with a damp tissue.</p>	
<p>Tooth brushing in dry areas</p>	
<p>After tooth brushing is completed, children who have excess toothpaste spit into a disposable tissue, disposable paper towel or a disposable cardboard cup.</p>	
<p>Tissues/paper towels are disposed of immediately after use in a refuse bag.</p>	
<p>Tooth brushing in a sink</p>	
<p>Tooth brushing takes place at the identified sink area.</p>	
<p>The supervisors wash their hands before and after the tooth brushing session to prevent cross-infection.</p>	
<p>Sinks are cleaned following tooth brushing following the settings usual infection control guidelines.</p>	

Quality assurance checklist for the Oral Health Promotion Department (OHPD)

<p>The Oral Health Promotion Department (OHPD) provide annual training to all staff directly involved in the supervising of the tooth brushing scheme which includes setting up and maintaining a tooth brushing scheme, relevant oral health messages and discussions around infection control considerations.</p>	
<p>The OHPD work with the oral health promotion lead within the preschool/school to quality assure the tooth brushing programme.</p>	
<p>The OHPD provide the preschool/school with resources to enable each child to have their own designated tooth brush and paste. Where schools prefer to use a single tube of toothpaste, this is dispensed and applied to children's toothbrushes by a supervising adult.</p>	
<p>The OHPD provide dental health training to preschool/school staff to support learning around oral health to tie in with the curriculum.</p>	
<p>The OHPD provide the preschool/school oral health resources (on loan) to assist learning relating to healthy eating and other oral health messages.</p>	

**Designated Preschool/School Oral Health Lead
Department**

Oral Health Promotion

**(date observed)
annual review)**

(to be signed at

Signature _____

Signature _____

Date Observed _____

Date Discussed _____

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Special arrangements in relation to COVID-19.

Due to the virus and social distancing measures St Mary's CE Primary School have taken the decision to suspend tooth brushing until further notice.

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