



# STANBRIDGE LOWER SCHOOL

## Healthy Smiles Policy

### Promoting Positive Oral Health

December 2016

#### **1. RATIONALE**

1.1 At Stanbridge we want to promote a positive oral health message to children, staff and parents.

1.2 We want to try to reduce the amount of tooth decay and encourage families to visit the dentist regularly so maintain good standards of oral health across a lifetime.

1.3 At Stanbridge we want our children to understand it is important to have a good oral health routine which they follow on a daily basis

1.4 At Stanbridge we want to

- Support and encourage positive oral health
- Provide tooth friendly snacks and drinks
- Provide children with opportunities to try a variety of new foods
- Develop, implement and adhere to Celebration Guidelines
- Promote the Healthy Smiles programme to parents
- Raise awareness of oral health to staff

#### **2. SUPPORT AND ENCOURAGE POSITIVE ORAL HEALTH**

2.1 When a child enters school we will request details of child's dentist and record this on the registration forms.

2.2 The Family Liaison Officer will discuss the importance of oral health when the children enter school and if the child has not/infrequently visited the dentist she will offer support with this finding appropriate dentists and helping parents to register their child with the dentist. The Family Liaison Officer will then monitor this and liaise with parents to support the parents in managing their child's dental health.

2.3 The Healthy Smiles leader (Mrs Biggs: Pre-school Leader) will ensure the following items are available and displayed in school....

- Dental accident flowchart
- CDS health promotion leaflets
- 10 Top Tips for Teeth poster

2.4 The Healthy Smiles Leader will promote national Smile Month annually with staff, children and parents.

2.5 The Healthy Smiles Leader will promote the use of Vitamin D across the school recognising that Vitamin D is important for general health and oral health. Guidance states adults and children over one year of age should take daily vitamin D supplements (10mg) throughout the year especially from October to March.

2.6 Stanbridge will promote local Dentist Practices on our website: [www.nhs.uk](http://www.nhs.uk) and telephone 111 for local practice information.

### **3. CURRICULUM DEVELOPMENTS/OPPORTUNITIES TO TRY A VARIETY OF FOODS**

3.1 At Stanbridge our PSHCE curriculum focuses on the importance of maintaining oral health.

3.2 Healthy eating is developed through our Healthy Eating Policy and the PSHCE curriculum where healthy snacking is explored and children realise that snacking on unhealthy snacks between meals has an effect on their teeth.

3.3 The National Curriculum states that all children in Year 3 and 4 should be given opportunities to cook. At Stanbridge we employ a specialist cookery teacher for the spring term who teaches the children about the following whilst cooking healthy and creative recipes.

Hygiene, germs and hand washing. Food Storage	Using equipment safely	Food preparation skills	Eat well plate	Sugar shocker
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These are displayed on our school website in the curriculum section and are based on the Food for Life guidelines.

3.4 Children in the Early Years, Year 1 and Year 2 cook across the year following a variety of healthy, creative recipes. This is supported by our school meals provider who provides "Big Cook, Little Cook" lessons with their professional chef.

3.5 Our school meals provider (Hobbs Catering) and cooking in the curriculum will provide the children with a wide and varied menu encouraging children to try a variety of foods.

3.6 At Stanbridge we will invite Dentists into assembly to talk about teeth cleaning procedures with the children and families. This will be done annually.

### **4. TOOTH FRIENDLY SNACKS**

4.1 All food and drink offered at Stanbridge is tooth friendly, sugar free and comprises of a variety of textures. Stanbridge is part of the Fruit Scheme and all children in the EYFS and KS1 are given healthy snacks at playtime. Raisins are limited due to their sugar content.

4.2 The Healthy Smiles leader displays the sessional snack menu each week for the children to view.

4.3 Water is freely available across the day and children are encouraged to bring fresh water to school each day. Water fountains provide extra supplies of water when needed.

4.4 All children at Stanbridge are given an open top cup to drink from and young children are trained to use these from Pre-school.

4.5 Food is never used as a reward for good behaviour. Stanbridge uses team points, stickers and praise as rewards.

4.6 All staff in the Pre-school and Before and After School Club are required to hold a basic food hygiene certificate.

### **5. CELEBRATION S AT STANBRIDGE**

5.1 At stanbridge we recognise that a birthday is a very special time for young children and we want to ensure it is celebrated in an enjoyable, healthy and tooth friendly way. We do this by:

- All singing 'Happy Birthday' to the birthday child

- Inviting the birthday child to talk about any presents or party they may have had or that is planned for them at Celebration Assembly each week. The children are presented with a birthday sticker.

5.2 We discourage parents/carers from bringing in unhealthy treats to celebrate birthdays. Healthy treats are welcome, such as fresh fruit that the children do not often have, for example strawberries, blueberries or kiwi fruit. Non-food items are also permitted, for example temporary tattoos, stickers or small stationery items.

5.3 However if unhealthy snacks are sent in these are given out at home time and sent home for the children to eat with their evening meal.

5.4 Any celebrations where we provide food such as at Christmas, Pancake day, Easter, Eid, Chinese New Year etc, we will ensure that, if this is served in between meals, the food and drink will be tooth friendly i.e. fresh fruit/vegetables and savoury items, with milk or water to drink.

## **6. RAISING AWARENESS OF ORAL HEALTH WITH STAFF**

6.1 The Healthy Smiles leader, and or the Head Teacher, and or a governor will attend a Healthy Smiles training session once every three years.

6.2 Healthy Smiles programme will be added to the staff meeting agenda, so that this can be actively discussed with staff and any referrals about poor oral health can be dealt with immediately.

## **7. REVIEW OF POLICY**

7.1 The school's policy will be reviewed when:

- 2 years have elapsed.
- There is a significant change in the law.
- There is a significant change in staff or pupils
- The school wishes to review the policy.

**Rosemary Godwin**  
**Head Teacher**  
**December 2016**

This policy was ratified by the full governing body.

Date of Meeting: .....

Signed ..... Chair of Governors.