

FRONT STREET COMMUNITY PRIMARY SCHOOL



Oral Health Policy Early Years Tooth Brushing Programme January 2026



This policy links to articles: 1, 2, 3, 23, 28 & 31.

Oral Health Policy



This policy advises staff and parents of Front Street Primary School, on the basic standards that should be followed to maintain good oral health in school.

Oral health is an important part of general health and well-being. Good oral health enables individuals to communicate effectively, to eat and enjoy a variety of foods, and is important in overall quality of life, self-esteem and social confidence. Oral diseases are largely preventable. Pain, discomfort, sleepless nights, limitation in eating function leading to poor nutrition, and time off school due to dental problems are all common impacts of oral diseases.

The government framework states that early years providers must promote good oral health of children who attend their setting.

Oral health is important, even with baby teeth. This is because children's teeth:

- help them to bite and chew
- support speech and language development
- help them feel confident when they smile
- baby teeth make space for and help to guide adult teeth

Good oral health also keeps children free from toothache, infection and swollen gums. We promote good oral health by linking it to other key topics, like self-care, healthy eating, and physical development as part of the national curriculum.

There are a number of ways parents and carers can promote good oral health at home. This is by brushing twice daily with a fluoride toothpaste, regular visits to the dentist and reducing sugar frequency within the diet.

Supervised Toothbrushing Programme

At Front Street Primary School, we have a Supervised Toothbrushing Programme in both Nursery and Reception.

Our school's Oral Health Champion is: Mrs Rachel Wilkinson.

An Oral Health Promoter from South Tyneside and Sunderland NHS Foundation Trust has been allocated to our school to work with the staff to encourage good oral health routines.

We only offer milk and water to drink at snack times

Use of water bottles and drinking fountains are encouraged during the school day and children in Nursery have the daily option of milk. No juice/cordial or fizzy drinks are given at snack times and are not allowed in water bottles.

We only offer healthy snacks to eat

Children are offered fruit as part of The School Fruit and Vegetable Scheme (SFVS). No dried fruit should be given routinely as a snack, although on occasion dried fruit may be provided by the free fruit scheme after school holiday periods.

School Meals

Gateshead LA provide our school meals.

Packed Lunches

Children are allowed to bring a packed lunch. Children are not allowed to bring fizzy drinks as part of their packed lunch. Instead they will be given the same drinks as the children having school lunch i.e. water and milk. Children are not allowed to bring sweets as part of their packed lunch but are encouraged to bring a healthy, well balanced meal. If we feel a child is not eating a nutritious packed lunch this will be discussed with parents.

Dental Visits

It is very important that children have regular dental examinations starting as young an age as possible. As a school, we will ask and record upon admission who is your child's regular Dentist. Visit or phone the practice of your choice and ask if they are happy to see your child under the NHS. You are not obliged to stay at the same dentist and can change practice if you want to.

To locate an NHS dentist who is accepting new and/or emergency patients please access <https://www.nhs.uk/service-search/find-a-dentist> or dial 111 for dental emergency and out of hours care.

Rewards

Front Street Primary School use positive reinforcements such as praise, use of stickers or Dojo points etc. which are given to children for good behaviour or achievement. Sweets are never be offered to children as a reward.

Dental emergencies

Designated staff have had training in how to manage a dental emergency.

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