**Advice:** Please note that this document acts as a guide only. Wording, tone, and content should be adapted by the service in consultation with staff, stakeholders, parents and pupils. Some of the policy may take time to implement, so you may like to add a timeline with your final policy. Remember to add a review date – ideally this should be no longer than 24 months.

Oral Health Policy for [school name]

## Statement of Intent

Our school is committed to promoting the health and wellbeing of all pupils. Oral health is a vital part of overall health, and this policy outlines how we will support pupils, families, and staff in maintaining good oral hygiene and making informed choices about diet and dental care.

## 1. Oral Health Promotion

### 1.1 Curriculum and Learning

- Oral health will be embedded in the PSHE curriculum and science topics where appropriate.
- Assemblies, themed days, and classroom activities will reinforce key oral health messages.
- We will promote positive attitudes toward dental care and reduce stigma around dental visits.

### 1.2 Family Engagement

- Families will be signposted to oral health resources and local dental services.
- We will share tips on brushing, sugar reduction, and dental check-ups through newsletters and parent communications.
- The school will promote the use of the North Somerset Packed Lunch Toolkit to support healthy lunch choices.

## 2. Food and Drink in School

### 2.1 Packed Lunches

- We encourage parents to follow healthy lunchbox guidance, limiting sugary snacks and drinks.
- The school will provide information and reminders about healthy packed lunch options.

### 2.2 School Dinners

- School meals will follow nutritional standards that support oral health, including reduced sugar content and balanced meals.
- Water and milk will be promoted as the main drinks during the school day.

### 2.3 Snacks and Celebrations

- We discourage sweets and sugary treats for birthdays or rewards.
- Healthy alternatives will be encouraged for classroom celebrations and events.

## 3. Dental Care and Appointments

- Pupils will not be penalised for attending dental appointments during school hours.
- Staff will support families in accessing dental care and raise concerns about access with local health services if needed.

## 4. Safeguarding and Staff Training

### 4.1 Dental Neglect

- Concerns about a child’s oral health may be considered under safeguarding procedures and discussed with the Designated Safeguarding Lead.

### 4.2 Staff Awareness

- Staff will receive basic training on oral health promotion and how to support pupils and families with oral health concerns.

## 5. Resources

- Delivering Better Oral Health Toolkit: https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention
- Better Health North Somerset – Packed Lunch and Snack Ideas: <https://www.betterhealthns.co.uk/information/food-support/>

- [Link to any other policies in place, such as Healthy Food and Drink]

Policy Date: Review Date:

Signed: Date: