

**William Cassidi C. E. Aided primary  
School  
Oral Health Policy**

**Approved: 29<sup>th</sup> March 2023**

**Review Date: March 2024**

William Cassidi C. E. Primary School'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 Governors aim to ensure that all aspects of oral health promotion at William Cassidi C. E. Primary School 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 William Cassidi C. E. Primary School have the opportunity to plan, implement deliver and evaluate oral health promotion programmes.

William Cassidi C. E. Primary School 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.

William Cassidi C. E. Primary School named Oral health lead is the PSHE lead.

## **Tooth Brushing**

A daily supervised tooth brushing programme is a local initiative to help improve the oral health of children in Teesside. William Cassidi C. E. Primary School has been identified to deliver tooth brushing in Nursery and Reception. 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.

William Cassidi C. E. Primary School 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.
- 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 by the child/member of staff.
- 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 3 yrs. (see appendix C)
- Children will be encouraged to spit out excess toothpaste into a tissue
- 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.

Appendix A sets out specific tooth brushing routines in William Cassidi C. E. Primary School.

## 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. [School Name] 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>}

William Cassidi C. E. Primary School 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.
- 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 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.**

- 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 William Cassidi C. E. Primary School we strive to provide a holistic approach to health whereby dental health is given equal priority to general health messages.

William Cassidi C. E. Primary School 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



**Preschool/School Tooth Brushing Programme  
Memorandum of Understanding 2023/24**

To be completed with new settings (reviewed via PHQA for existing TB programme settings)

Preschool/School .....William Cassidi.....

**Oral Health Team Responsibilities**

1. Provide training for all staff that supervise and deliver the tooth brushing programme to ensure effectiveness and safe delivery of the scheme. Training includes infection prevention and control procedures.
2. Access to a dental professional for advice if needed.
3. All resources will be provided by the oral health team including toothbrushes, toothpaste and brushing racks.
4. Work with the setting staff to ensure that parents give informed consent. Information leaflets for parents/carers will be provided.
5. Provide guidelines for quality assurance processes.
6. Review with preschool/school staff quality assurance checklist once in an academic year (Preschool/School Quality Assurance Checklist).
7. All the above recorded by each team within the district.

**Preschool/School Staff Responsibilities**

1. An oral health lead is identified in the setting to work with the oral health team to coordinate and quality assurance the programme.
2. Commitment to the programme: providing supervised tooth brushing on a daily basis and follow quality assurance guidelines.
3. Complete quality assurance checklists annually (Preschool/School Quality Assurance Checklist).
4. Evidence of parental written consent is kept by the setting and all staff are aware of those children not taking part in the tooth brushing programme.
5. Staff who implement and supervise the programme must attend the training.
6. Ensuring the programme follows infection prevention and control procedures.
7. Check equipment on a regular basis and ensure the appropriate resources are used.
8. Ensure that the brush storage units are stored carefully and looked after for continued use.
9. Contact the oral health team for new staff to be trained.
10. Contact the oral health team when stock is required.

**Termination of the Programme**

If, at any time, the decision is made to opt out of the supervised tooth brushing programme, the setting lead should inform all partners immediately including the oral health team so that arrangements can be made to collect any surplus stock. If a school leaves the programme after parents have given consent, the manager/head teacher is responsible for informing the parents of the decision to withdraw and for informing school governors.

**Signatures of Leads**

Oral Health Team Lead:

*Anthony*

**Date**

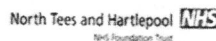
*4/7/2023*

Manager/Setting Oral Health Lead:

*[Signature]*

*4/7/2023*





**Preschool/School Supervised Toothbrushing Programme**

**Quality Assurance Checklist 2023/24**

Preschool/School Name.....William Cassidi.....

This is a self assessment tool to be completed by the designated oral health lead within the preschool/school to assess compliance with the quality standards of the supervised tooth brushing scheme.

The document should be completed at least annually and results discussed at the school's annual quality assurance discussion meeting with the representative from the Tees Community Dental Service Oral Health Promotion Department (OHPD).

Organisation Standards	Implementation Yes/No
Memorandum of Understanding discussed with service, recommitment established to the tooth brushing scheme (if new setting please complete MOU)	Y
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.	Y
All staff involved in delivering the supervised tooth brushing programme have received appropriate training in a tooth brushing protocol, training has been documented.	Y
Systems are in place to inform parents about the programme and seek their permission for their child's participation.	Y
Performance against the standards in this document is monitored at least annually.	Y
Effective Tooth Brushing Activity Standards	Implementation Yes/No
Fluoride toothpaste containing 1450ppm fluoride is used: <ul style="list-style-type: none"> <li>• Children under 3 years of age have a smear of paste applied to their brush.</li> <li>• Children over 3 have a pea sized amount of paste applied to their brush.</li> </ul>	Y
Where a tube of toothpaste is shared in a class, a supervisor dispenses it onto a clean surface such as a plate or paper towel, and does not apply toothpaste directly to a child's brush.	Y
Where schools prefer to use a single tube of toothpaste, this is dispensed and applied to children's toothbrushes by a supervising adult.	Y
Toothpaste is only dispensed at the time the child is ready to brush.	Y
Children are supervised to collect their own brush which are individually identifiable for each child.	Y
Children are closely supervised during brushing and encouraged to spit out excess toothpaste during or after brushing their teeth.	Y
Children are supervised to rinse their own toothbrush and its handle at a sink in turn under cold running water without touching the tap?	Y
Children are supervised to return their brush to the correct place in the rack according to their designated symbol	Y
Toothbrushes are replaced at least once per term (every 12 weeks) or once the bristles become splayed.	Y

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<b>Infection Prevention and control standards</b>	<b>Implementation Yes/No</b>
All staff involved in delivering the supervised tooth brushing programme have received appropriate training in a tooth brushing protocol, training has been documented.	Y
Hand hygiene routines in place for children and staff, for example hands are washed before and after tooth brushing activity?	Y
Supervisors cover any cuts, abrasions or breaks in their skin with a waterproof dressing.	Y
Toothbrushes are stored in provided storage systems. There should be no contact between tooth brushes.	Y
Storage systems display symbols corresponding with those on the toothbrushes to allow individual identification.	Y
Storage systems are replaced if cracks, scratches or rough surfaces develop.	Y
Storage systems and storage areas are cleaned at least once a week (or if there is visible soiling)	Y
Household gloves are worn when cleaning storage systems	Y
Storage systems are stored away from toilet areas and where tooth brushing takes place. For example stored in a cupboard once tooth brushes are dry	Y
Toothbrushes that fall on the floor are discarded.	Y
Toothbrushes are not soaked in bleach or other cleaner/disinfectant. Tubes of toothpaste are cleaned with a damp tissue.	Y
<b>Tooth brushing in dry areas</b>	
After tooth brushing is completed, children who have excess toothpaste spit into a disposable tissue, disposable paper towel or a disposable cardboard cup.	Y
Tissues/paper towels are disposed of immediately after use in a refuse bag.	Y
<b>Tooth brushing at a sink.</b>	
Tooth brushing takes place in an identified sink area	Y
Sinks are cleaned prior to and after tooth brushing	Y
<b>Quality Assurance Checklist for the Oral Health Promotion Department (OHPD)</b>	
	<b>Implementation Yes/No</b>
The Oral Health Promotion Department (OHPD) has provided 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.	Y
The OHPD has worked with the oral health promotion lead within the preschool/school to quality assure the tooth brushing programme.	Y
The OHPD has provided the preschool/school with resources to enable each child to have their own designated toothbrush and paste.	Y
The OHPD has provided oral health training to preschool/school staff to support the delivery of oral health related PHSE learning outcomes.	Y
The OHPD has provided the preschool/school oral health resources (on loan) to support the delivery of oral health related PHSE learning outcomes.	Y

**Designated Preschool/School Oral Health Lead**

(date observed)

Signature [Signature]

Date Observed 4/7/2023

Version Control 13/4/23

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**Oral Health Promotion Department**

(to be signed) at annual review)

Signature [Signature]

Date Discussed 4/7/2023





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## Toothbrushing Scheme

### Cross Infection Guidance



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|--|--|
| <p>✓ Give each child their own symbol recording this on the tooth brushing chart.</p>  | <p>✗ Don't allow brushes to touch each other at any stage.</p>                 |
| <p>✓ If you wish to label brushes with the child's name, use a permanent marker pen on the brush handle.</p>                                       | <p>✗ Don't use sticky labels or sticky tape on brushes or racks.</p>           |
| <p>✓ Use the laminated pea sheet as a guide as to how much paste to use. (3yrs +)</p>  | <p>✗ If dispensing paste don't apply directly to children's toothbrushes.</p>  |
| <p>✓ Rinse brushes individually.</p>   | <p>✗ Don't rinse brushes all together whilst in the rack.</p>                  |
| <p>✓ Once rinsed—allow brushes to air dry.</p>   | <p>✗ Don't Cover the brushes.</p>  |
| <p>✓ Store the rack and brushes out of the reach of children.</p>  | <p>✗ Don't store racks and brushes in toilet or bathroom areas.</p>            |
| <p>✓ Replace toothbrushes if they fall on the floor or if you think they may have been touched by another child or contagious mouth infection.</p> | <p>✗ Don't use disinfectant / boiled water to steep or spray toothbrushes.</p> |
| <p>✓ Spit out excess paste</p>   | <p>✗ Do not swallow paste</p>  |

Tees Community Dental Service, Oral Health Promotion Department

01642 383833























# Toothpaste Distribution Sheet

The form consists of a large rectangular box with a black border. Inside the box, there is a grid of smiley face icons arranged in four columns and eight rows. The icons are positioned at the intersections of the grid lines. The grid is as follows:

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## Rack Colour

<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		

# 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)

**Meal Times Only - these snacks should only be eaten occasionally and as part of a meal**

## Foods


















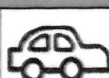


- Sweets and chocolate
- Dried fruit e.g. raisins, apricots
- Tinned fruit - in natural juice or syrup
- Biscuits, cakes
- Fruit scones, teacakes
- Crisps
- Ice Cream
- Fruit yoghurts
- Sandwiches with sweet fillings e.g. jam
- Fruit yoghurt
- Sweet popcorn e.g. toffee or caramel

## Drinks

- Fresh fruit juice
- Diluted cordial juices
- Fizzy drinks
- Milkshakes
- Flavoured or carbonated water
- Fruit smoothies
- Hot chocolate























# Rack Colour

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





# Rack Colour

<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		