



Oral Health & Snack Policy

Our aim is to provide children with a balanced diet and promote a positive attitude towards a healthy lifestyle. This includes diet, physical exercise and dental hygiene. Tooth decay in the Rochdale Borough is amongst the worst in England and parents, carers and practitioners can work together to achieve a tooth friendly setting.

At *St Vincents* we take part in the Golden Grin Award to help reduce tooth decay. In order to achieve this award, the school only provides snacks and drinks that do not contain added sugar. We inform parents/guardians about the Golden Grin Award at the child's induction, along with reinforcing dental health messages through our website and emails. We ask parents/guardians to refrain from bringing in sugary snacks, drinks and treats.

Tooth decay is caused by the frequent consumption of sugar. It is recommended that sugar intake is kept to meal times: breakfast, lunch and evening meal. Special considerations will be made for those who have additional needs or medical needs.

Suitable Drinks

Only plain **milk** and plain **water** will be offered between meal times. If any unsuitable drinks are brought in to the setting they will be returned home or confiscated.

Suitable	Unsuitable
-Milk -Water	-Pop/fizzy drinks -Cordial -Flavoured water -Fruit juice -Smoothies -Milkshakes

*Fruit juices and smoothies are added to the unsuitable list as they can cause tooth erosion.

Suitable Foods

Snack time is an opportunity to expand on children's experiences and learning. It can be used to introduce new foods, discuss interests and develop their language and social skills. Independence skills can be taught during this time by allowing the children to prepare their own snack.

Here is a list of suitable sugar free snacks:



Bread/carbohydrate	Fruit & Vegetables (raw)	Dairy/Dips
<ul style="list-style-type: none"> -Bread sticks -Pitta bread -Crackers (No salt) -Plain Rice cakes (no salt) -crisp bread -bagels -bread/toast -crumpets -chapatti -plain popcorn 	<ul style="list-style-type: none"> -carrot sticks -cucumber -celery -cherry tomatoes(cut in half) -peppers -fresh fruit 	<ul style="list-style-type: none"> -cheese -cottage cheese -cream cheese -plain natural yogurt -hummus -tzatziki -guacamole

Food & learning activities

We aim to ensure that learning activities involving food and drinks are tooth friendly. We encourage children to learn about foods, drinks and activities that are healthy, along with helping to understand which foods and drinks are unhealthy. We will have activities to learn about the world and cultures using food, but these will link in with our health policies. Special event days and fund raising will include non-food activities such as dress up days.

Birthdays, Celebration & Rewards

Positive behaviour and achievements are praised through Dojos and certificates. During times of celebration, we ask that if parents/carers want to provide a treat to celebrate, that they provide a sugar free alternative such as pencils, bubbles, balloons or a book that all of the children can share. **We ask that parents do not bring in sweet treats to hand out.**

Dummies

We encourage children to cease using a dummy by the age of 2. This can help to prevent speech problems, and help to prevent misalignment of the teeth. We have information leaflets to support parents.

Services Available



Living Well Oral Health Team

The team provide each child within the Reception with a toothbrush and a tube of family fluoride toothpaste to take home if the setting is not taking part in the GMCA supervised toothbrushing scheme. They are delivered to the setting and handed out by the staff. This scheme is designed to promote tooth brushing habits in the home environment. The Living Well Oral Health Team supports the setting with the Golden Grin Award

The Living Well team also offer support for families with dental needs such as showing signs of dental decay. To access this service, call 01706 751190 to refer to the team.

.

NHS Dentist

For families not registered with a Dentist - use the following link:

<https://www.nhs.uk/Service-Search/Dentists/LocationSearch/3>

For families in pain – contact the Greater Manchester Emergency Dental Number 0333 332 3800. Open 8am – 10pm daily, outside of these hours contact NHS 111.

Date:

Review Date:

Signed: