

Oral Health and Snack Policy

Moston Lane Community Primary School



Article 24 (health and health services)

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that

Updated	September 2025
Reviewed	Annually
Headteacher	Mrs. E Hardwick

Introduction

Our schools 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 Manchester is a significant issue for children, with six in ten children found to have tooth decay by the age of five (NHS, 2024). As a school we can work together with parents and carers to achieve a tooth friendly setting. In order to achieve this, the school only provides snacks and drinks that do not contain added sugar. We also ask parents/carers to refrain from sending sugary drinks and snacks into school. Tooth decay can be a result from consuming too much sugar. It is recommended that sugar intake is limited and kept to meal times such as breakfast, lunch and evening meal and not given as snacks in-between. Special considerations may have to be made for those with a diagnosed additional or medical need.

Suitable Drinks

Between mealtimes at school, only plain MILK and WATER will be offered to children. We ask parents to only send water in with children in their water bottles, any juice will be sent home or confiscated.

<u>Suitable</u>	<u>Unsuitable</u>
Milk Water	Juice/cordial Fresh fruit juice Fizzy drinks Milkshakes Smoothies Prime Energy drinks Sports drinks

Suitable Foods (Snack)

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.

<u>Suitable</u>	<u>Unsuitable</u>
Any fruit Any raw vegetables	Biscuits Crisps Chocolate Cereal bars Sweets

	Nuts Pastries Jelly Mints Fruit winders
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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.

Birthdays, Celebration & Rewards

Positive behaviour and achievements in school are praised through celebrations and certificates, these will not include any form of unsuitable treat or drink. During times of celebration, we ask that if children wish to, they can bring in their favourite book/story to share with their class. We ask that parents do not bring in any sweet treats to hand out.

Dummies

To promote oral hygiene, we recommend that children do not use a dummy past the age of two. This helps prevent the misalignment of teeth and can also help prevent some speech delay. For support with 'ditching the dummy' please speak to a member of the Nursery Staff.

Services

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.