

Happy Little Teeth Package	
Priority:	Health and Wellbeing (Oral Health)
Healthier Behaviour Outcomes:	<ol style="list-style-type: none"> To increase the number of pupils cleaning their teeth twice a day To increase the number of pupils who understand how to take care of their teeth
Activities:	<p>Needs analysis:</p> <ul style="list-style-type: none"> To consult with school community (inc. parents) about proposed focus on Oral Health to gather views and support Engage support from NHS Dental Service to ascertain levels of tooth decay in pupils/ availability of NHS dental service in your area <p>Planning and preparation:</p> <ul style="list-style-type: none"> Contact parents of FS and KS1 pupils re engagement with Happy Little Teeth Award Develop/ strengthen links with taught curriculum (eg PSHE and Science) Audit snack provision in school (inc. breakfast clubs and after-school provision) Contact School Nurse/ Oral Health team for support Liaise with local nursery/ pre-school and include them in HS+ activities Free toothbrushes/ toothpaste for pupils (contact Oral Health Team) <p>Implementation:</p> <ul style="list-style-type: none"> Run parent and child workshops (tooth care, healthy snacks etc) Promote tooth-friendly food and snacks through school tuck shops/ school meals service / clubs etc Encourage pupils to keep a teeth cleaning diary (reward system for those cleaning their teeth twice daily) School nurse/oral health team to give input on tooth care and oral hygiene to pupils Signpost parents to local NHS dental services <p>Ensure that you:</p> <ul style="list-style-type: none"> Set up/use cluster school council network to audit pupil perceptions and to consult with pupils about the activities planned for Healthy Schools Plus Embed HS+ outcomes in the SEF and school development plan
PDE Team Support:	<ul style="list-style-type: none"> Wiltshire Certificate for PSHE (see flyer) Cluster training on promoting health in PSHE Cluster parents evenings support Governor training PSHE curriculum review School policy review Signposting to appropriate resources and organisations

Suggested resources:	<ul style="list-style-type: none"> • Happy Little Teeth Award for KS1 (contact Dot Wheadon on Dorothy.Wheadon@wiltshire.nhs.uk) • www.wiltshirepct.nhs.uk/dentalservice (Wiltshire Oral Health Promotion Team has a selection of specially designed lessons to book a session ring 01672 517427)
Early Success Indicators:	<p>Process:</p> <ul style="list-style-type: none"> • List the actions you plan to take and detail the month/year you intend to have achieved each one <p>Impact:</p> <ul style="list-style-type: none"> • To increase the number of pupils cleaning their teeth twice a day to X by month/year • To increase the number of pupils who understand how to take care of their teeth to X by month/year
Source of Baseline Information:	<ol style="list-style-type: none"> 1. Homework activity - get pupils to keep a teeth cleaning diary for two weeks to establish the number of pupils cleaning their teeth twice daily 2. What are the best ways of taking care of your teeth? E.g.: Visit the dentist regularly Clean teeth twice a day with a fluoride toothpaste Group sugar together to reduce acid attacks on teeth Fruit juice and fizzy drinks are very acidic and can cause tooth erosion best kept to meal times Milk and water are the best drinks for teeth Dried fruit is not a good snack for teeth best kept to mealtimes Use disclosing tablets to see plaque that is being missed during brushing Be aware of the differences between extrinsic and intrinsic sugars and how they affect teeth Find out more at www.wiltshirepct.nhs.uk/dentalservice