

**This is a copy of the criteria for the Healthy
Schools' Dental Health Award**

**Please use this as a guide only as we will
only accept online submissions via our
[website](#).**





Dental Health Specialist Award

Dental Health Specialist Award

Welcome to the Bristol Healthy Schools' Dental Health Award

PLEASE NOTE, THIS AWARD IS FOR PRIMARY, INFANT AND/OR JUNIOR SCHOOLS ONLY

For secondary schools wanting to improve dental health in their setting, there is a wide range of advice and guidance for all schools on our [Healthy Schools Dental Health](#) topic page.

What is the Dental Health Award?

The Dental Health Award supports primary schools to teach pupils about good dental hygiene, the impact of diet on teeth and reduce any fear pupils might have about visiting a dentist.

It outlines the important role schools have in supporting families to register and attend a local dentist and highlights simple changes schools can make to reduce sugar.

The award is informed by local and national guidance and evidence.

Is this the right award for us?

Typically schools decide a topic of focus based on health need. The School Health Data packs provided by Bristol City Council/ Healthy Schools provide a good insight and schools may also have their own data and insight.

How long does it take?

Each Specialist award takes up to a year but it may take only a few months if you already have good practice in place.

How does the online system work?

Throughout your journey you can log in and out as many times as you like, updating your evidence as you go. Your email address becomes your login. Please keep saving your changes as you go.

Most of the criteria require a Yes/No response, others ask for more detail via a text box. We never ask you to upload documents or provide additional evidence. Only this form is needed.

IMPORTANT: Do not click the back button at the top left of your browser as you complete the form. To go back to the previous section, click 'previous page' at the bottom of the survey.

Do I get guidance?

Yes, there is guidance throughout. This will either help you make sense of what we are asking for, or signpost you to helpful documents. For example, we might ask you to write a policy about something. In that case, we have provided you with an example policy and that should save you time.

If you would like a word version of all the criteria and guidance for reference, please visit our [website](#).

At any point, you can email us for help or further guidance on healthy.schools@bristol.gov.uk.

How do I know if I've passed?

To pass this award, you need to be able to answer 'yes' or 'correct' to every question (other than the text box questions) as they are all essential. If you answer 'no' or 'incorrect' to any question, you will have the opportunity, at the end of the application form, to tell us why and what you are doing to work towards this criteria.

We will consider your response but it may be that you need some extra time to put the required practice in place and should re-submit once you have done so. We will support you to achieve this.

We aim to advise you, via email, of the outcome of your application within 3 weeks of submitting. The outcome will either be 'Pass' or 'Further work and/or clarification needed'. If the latter, we will provide you with feedback and guidance about what you need to do to pass.

If you do not pass the first time, you can re-submit your application as many times as you need, although we hope that the guidance is clear enough that this won't be necessary.

Good luck!

Key dental health messages

1. We promote the following 3 key messages for preventing tooth decay in children, to pupils, parents/carers and staff, on a regular basis: Consume less foods and drinks that contain sugars Brush teeth twice a day with a fluoride toothpaste Take your child to the dentist on a regular basis

Yes

No

Promoting these messages regularly means using every opportunity to embed the messages in day-to-day practice, rather than as a one-off event.

This could include regularly promoting these messages via school assemblies, lessons (especially PSHE), school book bags, parent apps, school website and newsletter, parents evenings, school display boards and information shared with parents as part of the National Child Measurement Programme.

The key messages should be promoted to all year groups but with a particular focus on Reception and Year 1 as parents may be especially receptive at this stage.

You may find the following helpful:

- [Public Health England's Change4life 'Top Tips for Teeth' campaign materials](#)
- [Public Health England's Keeping our Teeth Healthy lesson plans](#)
- [NHS Taking Care of Children's Teeth guidance](#)
- [Dental Health Resources for Schools \(Bristol Healthy Schools\)](#)

- [Oral Health Foundation's downloads and resources](#) for teaching oral health in the classroom

2. Please describe briefly how you do this (ensuring you cover pupils, parents/carers and staff and give specific examples):

Staff training

3. We have at least 1 member of staff who has received specific training in dental health within the last 2 years:

- Yes
 No

We recommend the [E-learning for Healthcare Children's Oral Health Advice](#) training but other reputable online and off-line training is also acceptable.

4. Please provide the name(s) of the member(s) of staff who have undertaken dental health training within the last 2 years:

Tooth brushing skills

5. For Reception and Key Stage 1 only: We promote practical tooth brushing skills to pupils and parents/carers on a regular basis:

- Yes
 No

6. Please describe briefly how you do this, giving specific examples and taking note of the guidance below

The ideal is that schools introduce daily supervised 'dry' tooth brushing with Reception and Year 1 pupils, whereby the school provides toothbrushes and toothpaste and pupils brush their teeth in school, with supervision. Dry tooth brushing means not using water as this maximises the chance of absorbing fluoride from toothpaste, as well as being easier to implement in the classroom.

Supervised tooth brushing has already been trialled successfully in a number of early year's settings and schools in Bristol and we can put you in touch with these settings to share learning.

[Dental Health Resources for Schools](#) contains useful resources and guidance. Some of the resources have been designed for early year's settings but they are applicable to primary schools. [Public Health England's Supervised Brushing Toolkit](#) includes practical advice for schools and School Nurses may also be able to help.

If daily supervised brushing is not feasible at the present time, please tell us what the barriers are and how you might overcome these to work towards implementing supervised brushing.

Please also describe what you are doing to promote practical tooth brushing skills. This should involve demonstrating tooth brushing skills to pupils using puppets, video clips (e.g. YouTube), images and other resources, as well as sharing information and resources with parents.

Again, there is lots of guidance and useful resources in [Dental Health Resources for Schools and Schools](#) Nurses may be able to help with this.

You can also contact healthy.schools@bristol.gov.uk if you would like further advice and guidance, including to be put in touch with other schools which have implemented supervised brushing.

Visiting the dentist

7. We provide information to parents on local NHS dentists and actively support parents who need extra support to register:

Yes

No

8. Please describe briefly how you do this, giving specific examples:

NHS dental treatment is free for all under 18 year olds. Regular (six monthly) dental check-ups can prevent or lower the risk of serious dental problems in the future.

Local NHS dentists can be found on the [NHS Choices](#) website or, for urgent care, via the [NHS 111](#) service.

9. We promote a positive dentist experience to pupils and parents/carers:

Yes

No

10. Please describe briefly how you do this, giving specific examples:

See [Dental Health Resources for Schools \(Bristol Healthy Schools\)](#) for educational YouTube videos that promote a positive dentist experience.

See [Oral Health Foundation's downloads and resources](#) for teaching oral health in the classroom, including lesson plans and presentations on visiting the dentist.

Sugar Smart

11. We promote key Sugar Smart messages on the school website, newsletter and in and around school:

Yes

No

[Sugar Smart](#) is a campaign run by Sustain, aimed at helping us all reduce the amount of sugar we consume.

Useful resources:

[Public Health England's Sugar Smart lesson plans](#)

[Be a Sugar Smart School](#) (Bristol Healthy Schools Programme)

12. We promote Sugar Smart to all staff:

Yes

No

This could include leaflets and posters in the staff room; having only healthy snacks and fruit in the staffroom and for meetings and celebrations and; encouraging healthy fundraising, such as swapping cake bakes for more healthy treats.

13. We hold at least 3 Sugar Smart assemblies a year:

Yes

No

You can find templates for Sugar Smart assemblies here: [Be a Sugar Smart School](#) (Bristol Healthy Schools).

14. Please give 1-2 specific examples to illustrate how you comply with the Sugar Smart criteria above:

National dental health surveys

15. We would be willing to participate fully in any future dental health surveys conducted by NHS England, if requested to do so:

- Yes
 No

Every 10 years, NHS England conducts a [National Child Dental Health Survey](#) to measure and monitor changes in children's oral health over time.

The last survey (2013) provided statistical estimates on the dental health of 5, 8, 12 and 15 year old children in England, Wales and Northern Ireland, using data collected during dental examinations conducted in schools, on a random sample of children, by NHS dentists and nurses.

What are you most proud of?

16. Please tell us about something that you are particularly proud of in relation to your school's approach to dental health:

Tell us what you think

17. If you answered 'no' or 'incorrect' to any of the questions, please tell us why you are not able to comply with this criteria at present, what the barriers are, what steps you are taking to work towards being able to comply and when you expect this to be possible (if at all). We will consider your response when we review your application. Please state clearly which criteria/ question(s) your answer refers to, including the section heading and question number.

18. To help us improve, please give us some feedback on this award, e.g. What was your experience of completing it? Was it clear what was required? What did you think of the criteria? Does anything need to change?

Well Done!