



# Oral Health Statement

<b>Approved by:</b>	Becky Wood	<b>Date:</b> 1 September 2025
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Good oral health habits need to be formed from the earliest age. Tooth decay is largely preventable, but it is still a serious problem among young children.

Sharing and cooking food together play a huge role in our learning experiences at Wingate Nursery School. Independent baking, preparing and sharing snack together and communal lunchtimes are essential parts of nursery life. This document outlines how we promote good oral health throughout these experiences, whilst still enabling children to partake in joyful and educational cooking and eating experiences.

## **Our approach in...**

### **The Baking Area**

- We have reduced all children's recipes by half. This is so that 'the bakers can enjoy a small taster, without having a surplus of sugary cakes
- We encourage children to bake non-sugary products such as bread, cheese straws etc.

### **Snack Area**

- Only water and milk are given for drinks
- Children are given a range of healthy options for snack, with consideration given to oral health. This means that as well as restricting processed, sugary snacks, we have also removed dried fruit from the snack area and encourage children to drink plenty of water with fruit snacks
- Children learn about oral health through meaningful conversation with adults and peers over snack

### **Dining Room**

- Only water and milk are given for drinks
- Sugary desserts are removed from our menus, in line with the Government's Nutrition Guidance. Children are offered natural yoghurt and fresh fruit for dessert most days
- Children learn about oral health through meaningful conversation with adults and peers over lunch

### **Group Time**

- Children are taught about the importance of oral health and how to brush their teeth – at least once per term

### **Information to Parents**

- Information and guidance on oral health is distributed in our termly newsletter and through regular posts on Family