Essex Child and Family Wellbeing Service
Newsletter

An important Healthy Schools message from Essex Child & Family Wellbeing Service

Subject: **Oral Health**
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The Essex Healthy Schools programme is a school health improvement strategy which builds on the commitment within Essex Schools to reflect, respond and improve the health and wellbeing of children and young people. Every school has a designated Healthy Schools Engagement Worker (HSEW) to support you with assessing, developing and implementing new initiatives. If you would like more information on Healthy Schools or to contact your HSEW you can email the team on; vcl.essexpublichealthandhealthyschools@nhs.net

Each month we create a bulletin promoting local or national health campaigns, featuring resources to promote best practice. This month we are focusing our campaign on Oral Health as June sees National Smile Month draw to a close.

We are hugely lucky to have our bulletin guest edited this month by Catherine Liu, HEE Clinical Leadership Fellow/ Community Dental Fellow.

Healthy Schools
ESSEX

Pupils wellbeing, lesson plans, supporting activities & resources.

Our oral health is a crucial part of our overall wellbeing, and everybody deserves to have a healthy mouth. Although there have been many improvements in oral health over the past decades, there is still a long way to go: around one in four 5-year-old children in the UK have had dental decay, and tooth decay is still the number one reason for childhood hospital admissions for general anaesthesia.

Tooth decay and many other oral health problems are almost entirely preventable, which means that by helped children and adults to adopt some simple habits, we can prevent them from suffering from dental disease. Some important oral health messages that we can all learn and share are:

1. Brush teeth for two minutes, last thing at night and one other time during the day, with a fluoride toothpaste.
2. Clean between your teeth every day.
3. Cut down how much and how often you have sugary foods and drinks.
4. Visit a dentist regularly.

You can also join in with National Smile Month in a variety of fun ways, to make even more of a different to our communities' oral health. Here are just some examples of the fun ways in which you and your families can support the effort:

- Send a letter to the tooth fairy to tell her how you've been taking care of your teeth
- Take a smiley selfie and share it on social media
- Get crafty by making a smiley monster and entering it into our competition
- Join in with the Great British Brushathon
- And many more!

Find out more about all the ways you can get involved with National Smile Month here:

You can also have a look at the oral health resources on the ECFWS website, which have a range of videos and guides to help you look after your children's teeth.

Remember, prevention is better than the cure, so teaching healthy habits to our children will help ensure they grow up with healthy mouths and happy smiles!

Specific Resources to aid Health Education can be found here:

PSHE Association
NHS
Oral Health Foundation
PHE

Remember you can always contact your healthy family team for support with any of your children or families on;
Mid Essex Tel: 0300 247 0014
North Essex Tel: 0300 247 0015
South Essex Tel: 0300 247 0013
West Essex Tel: 0300 247 0122

To find out more information about us and the wide range of services we offer, please visit www.essexfamilywellbeing.co.uk

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings. Please send your reply to Essex.Communications@virgincare.co.uk