

# Healthy Lifestyles Framework





## **Meaningful Outcomes:**

### **Examples of measurable quantitative outcomes**

- Increase the number of children who report that they brush their teeth twice a day.
- Increase the number of children who have visited the dentist in the last 6 months.
- Reduce the number of fizzy/sugary drinks consumed by children each day.
- Increase the number of children accessing dental checks and/or fluoride varnishing by the mobile dental health unit.

### **Examples of measurable qualitative outcomes**

- Increase the number of pupils who know the key oral health messages.

### **Examples of measurable targeted outcomes**

A meaningful outcome is required to ensure that the needs of vulnerable groups have been addressed. Vulnerable children including, looked-after children, young carers, children representing ethnic groups, children with SEN etc.

- Increase the number of pupils who brush their teeth regularly at school each day.
- Increase the number of vulnerable children who attended a dentist in the last 6 months.



Whole school element	Evidence of Good Practice	Notes
Leadership and Management	<ul style="list-style-type: none"> <li>• There is a clear commitment from the leadership team to promote good oral health within health and well-being.</li> </ul>	
	<ul style="list-style-type: none"> <li>• The SLT are involved in supporting activities regarding oral health eg visits and the mobile dental unit.</li> </ul>	
	<ul style="list-style-type: none"> <li>• The Healthy Schools co-ordinator ensures that clear links are made between oral health and pupil's health and well-being.</li> </ul>	
	<ul style="list-style-type: none"> <li>• Outcomes for oral health work are identified after baseline measurement and these outcomes are recorded in the school's Health Improvement Model Planning and/or the School Development Plan. Identified outcomes will include pupil perception and behaviour change/improvements(measurable increases/decreases)</li> </ul>	
	<ul style="list-style-type: none"> <li>• The leadership team and/or Healthy Schools co-ordinator ensure that aspirations work is monitored and measurements are taken to ensure progress towards the agreed outcomes.</li> </ul>	
	<ul style="list-style-type: none"> <li>• The Leadership team ensure information is shared with the whole school community.</li> </ul>	
Policy	<ul style="list-style-type: none"> <li>• Oral health messages are included in the School Food Policy.</li> </ul>	
	<ul style="list-style-type: none"> <li>• Policy development includes consultation with pupils, staff, and governors.</li> </ul>	



Whole school element	Evidence of Good Practice	Notes
Curriculum and Learning	<ul style="list-style-type: none"> <li>The curriculum includes specific sessions with outcomes that include elements are key to oral health in all key stages.</li> </ul>	
	<ul style="list-style-type: none"> <li>Individuals/groups/cohorts of pupils are identified as having or at risk of poor oral health and target programmes are developed to address their needs.</li> </ul>	
	<ul style="list-style-type: none"> <li>Clear links are made between healthy eating work and oral health.</li> </ul>	
	<ul style="list-style-type: none"> <li>Equality and diversity issues are considered when choosing appropriate resources.</li> </ul>	
	<ul style="list-style-type: none"> <li>Outside agencies are used to provide information and broaden pupils knowledge about oral health.</li> </ul>	
	<ul style="list-style-type: none"> <li>Where possible links with the local dentist are encouraged or links with the mobile dental unit.</li> </ul>	
	<ul style="list-style-type: none"> <li>Teaching and learning styles are active and provide opportunities to explore attitudes to oral health.</li> </ul>	
	<ul style="list-style-type: none"> <li>Mechanisms are in place to assess whether learning has taken place in relation to oral health work.</li> </ul>	
	<ul style="list-style-type: none"> <li>When taking part in the Health Improvement Model targets are monitored and achievements recorded and celebrated.</li> </ul>	
	<ul style="list-style-type: none"> <li>Evidence of Good Practice</li> </ul>	
	<ul style="list-style-type: none"> <li>Healthy snacks are promoted to reduce intake of sugar.</li> </ul>	
	<ul style="list-style-type: none"> <li>Water and milk are promoted to reduce the intake of sugary and fizzy drinks.</li> </ul>	
	<ul style="list-style-type: none"> <li>Displays encourage visits to the dentist and looking after teeth.</li> </ul>	



Whole school element	Evidence of Good Practice	Notes
Assessment and evaluation	<ul style="list-style-type: none"> <li>Mechanisms are in place to assess whether learning has taken place in relation to oral health work.</li> </ul>	
	<ul style="list-style-type: none"> <li>When taking part in the Health Improvement Model targets are monitored and achievements recorded and celebrated.</li> </ul>	
Ethos and Environment	<ul style="list-style-type: none"> <li>Healthy snacks are promoted to reduce intake of sugar.</li> </ul>	
	<ul style="list-style-type: none"> <li>Water and milk are promoted to reduce the intake of sugary and fizzy drinks.</li> </ul>	
	<ul style="list-style-type: none"> <li>Displays encourage visits to the dentist and looking after teeth.</li> </ul>	
Participation and Engagement	<ul style="list-style-type: none"> <li>Opportunities are sought for pupils to contribute to the promotion of oral health messages. This could be through the school council, focus groups, questionnaires, surveys etc.</li> </ul>	
Support for pupils	<ul style="list-style-type: none"> <li>Individual pupils who are identified as at risk are offered support.</li> </ul>	
	<ul style="list-style-type: none"> <li>Links/referrals are made to the school nurse/health services if there is particular concern over a child's teeth.</li> </ul>	
	<ul style="list-style-type: none"> <li>A dental health check is offered by the dental health mobile unit.</li> </ul>	
Training	<ul style="list-style-type: none"> <li>Staff have an opportunity to learn about key oral health messages in staff meetings or training events.</li> </ul>	
	<ul style="list-style-type: none"> <li>Staff are given the opportunity to attend healthy eating training.</li> </ul>	
Partnerships	<ul style="list-style-type: none"> <li>The school newsletter and website inform all members of the school community about oral health messages and activities.</li> </ul>	
	<ul style="list-style-type: none"> <li>Oral health sessions are offered to parents.</li> </ul>	
	<ul style="list-style-type: none"> <li>Parents are signposted to local dental services through notice boards, leaflets and newsletters.</li> </ul>	
	<ul style="list-style-type: none"> <li>Opportunities are offered for pupils to attend a local dentist or oral hygienist.</li> </ul>	
	<ul style="list-style-type: none"> <li>Parents are encouraged to give permission for their child to have dental health checks and/or fluoride varnish treatment.</li> </ul>	