

## Lockdown RSHE Lessons – Oral Health and Healthy Eating

**Oral Health and Healthy Eating** are as important as ever, especially as we may be snacking more during lockdown!

Below are links to access lesson plans and resources for home learning that may help encourage pupils and parents/carers to consider healthier choices and the small changes that can be made to adopt healthier habits.

### **Links to the RSHE curriculum:**

- ∞ How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.

**The resources listed below are all produced by reputable organisations but the School Health & Wellbeing Project has not assessed them and it is important that schools review them before use to ensure they are suitable for their pupils**

### Slough Healthy Smiles

The Slough Healthy Smiles team can offer the following support:

- Advice about oral health promotion and education in secondary school.
- Teaching resources suitable for remote learning (see attached zip folder).

For more information, please contact [Oral.Health@oxfordhealth.nhs.uk](mailto:Oral.Health@oxfordhealth.nhs.uk)

### How can Teens keep their Smiles Bright?

Webpages from Colgate with information and advice about oral health for teenagers including nutrition, oral hygiene, whitening and oral piercings: [COLGATE: Teen Oral Care](#) [COLGATE: Teen Oral Care - orthodontics](#)

### Teenage Oral Health – Teeth and Tooth Brushing

A video giving advice about oral health and tooth brushing: <https://vimeo.com/413133125>

### Mouth Cancer

A poster and information leaflet about mouth cancer and prevention (see attached zip folder).

### Dental Health – home learning lessons on keeping teeth healthy

A home learning pack produced by the PSHE Association (members only) to help pupils to understand the importance of maintaining their dental health and establishing oral hygiene routines such as brushing and flossing.

[PSHE ASSOCIATION: Dental Health home learning pack \(members only\)](#)

### Guidance for Educators about Safer Remote Teaching and Learning

[DFE: Remote Education guidance and good practice](#)

[INEQE SAFEGUARDING HUB: ABC of video conferencing for education](#)

[LONDON GRID FOR LEARNING \(LGfL\): Twenty safeguarding considerations for lesson live streaming](#)

[NSPCC: Guidance for undertaking remote teaching safely](#)

[PSHE ASSOCIATION: Adapting PSHE lessons for home learning](#)

[PSHE ASSOCIATION: Guide for PSHE leads in the event of school closures](#)