

## 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:**

- ∞ What constitutes a healthy diet (including understanding calories and other nutritional content).
  - ∞ The principles of planning and preparing a range of healthy meals.
- ∞ The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

**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. For more information, please contact

[Oral.Health@oxfordhealth.nhs.uk](mailto:Oral.Health@oxfordhealth.nhs.uk)

- Oral health education sessions for your class.
- Remote training sessions for staff with a **NEW** video option.
- Information sessions for parents and carers (please see flyer in attached zip folder).
- Teaching resources suitable for remote learning (see attached zip folder)

### Our Healthy Year

Resources produced by Public Health England to encourage healthy habits during the first few years at school by bringing healthy choices to life with fun, practical activities including classroom activity sheets, presentations, ideas for active school days, take-home activity sheets, ideas to engage parents. All the resources are suitable for remote teaching: [Reception and KS1](#) [KS2](#)

### 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 \(members only\)](#)

### Healthy Eating and Sugar Swaps

Resources produced by Public Health England to help children learn about the effects of eating too much sugar and start to build healthier habits. The lesson materials and power points link with other subjects: English, Maths and Science and are all suitable for remote teaching: [KS1 and KS2](#)

### Healthy Teeth Guide

Two oral health videos featuring tv's Dr Ranj and Supertooth, one for pupils aged 3-6 and one for pupils 7 years+.

The videos can be accessed here: [AGE 3-6](#) [AGE 7+](#)

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

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

[INEQ 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](#)