



The Golden Apple News

September 2020 – Issue 14

Welcome to the autumn term Golden Apple newsletter. The coronavirus outbreak has caused major disruptions to daily life and we have all been feeling these changes. Many of you have continued to look after the young children in your care throughout. As we cautiously start to get back to some kind of normal, the children in your care will now be able to see their friends and teachers, and continue to learn new things. The Golden Apple Team are really pleased to be able to provide support on The Golden Apple Award once again. In this newsletter we have put together a few articles and resources that you may find useful.

COVID 19

Schools and nurseries are reopening, and it is important to know what we can all do to reduce the risk of transmitting COVID-19 among staff and children. Children have a lower risk of transmitting the virus, and if they do catch the virus, they are much less likely to be very ill with it. Having said that, it is important to take all precautions to reduce the risk of an outbreak.

The most important way of reducing the risk of COVID-19 transmission is through regular handwashing for at least 20 seconds, coughing or sneezing into tissues and frequent cleaning of rooms.

Personal Protective Equipment (PPE) is not needed routinely. It should only be used in a small number of cases, for example, when working with children that you would usually use PPE when looking after, or if a child develops symptoms of COVID-19, and you can't maintain a 2 metre distance while waiting for them to be picked up to go home.

Face masks or face coverings are not recommended for either staff or children. Since children carry a low risk of transmitting the virus, staff do not need to wear them. Children are unlikely to be able to keep the face coverings clean and this may cause a higher infection risk than not wearing one.

The most common symptoms of COVID-19 include a fever, a new cough or loss of taste and/or smell. If a child or staff have these symptoms they must not come in to the nursery. If they develop these symptoms while at the nursery, they should immediately be sent home, or if a staff member, they should make their way home immediately, and get tested. The rest of the children or staff do not need to go home unless that child tests positive.

Testing of contacts is not advised unless they develop symptoms. If a child or staff does test positive, or for any further queries please contact the Bury Infection Prevention and Control team at: infectioncontrolprevention@bury.gcsx.gov.uk

See <https://www.e-bug.eu/> for some fantastic educational resources on preventing infections.



The Golden Apple News

Celebrating Positive Nutrition, Good Hygiene & Oral Health

Dental decay is almost entirely preventable, therefore oral health should be on everyone's agenda and we all have a part to play to ensure every child has the best start in life. Overall 76 settings in Bury have achieved Golden Apple status, a huge thank you to those taking part.

Regularly consuming foods and drinks high in free sugars increases the risk of tooth decay and obesity. Dental caries and obesity are two of the most prevalent health conditions affecting our population. Tooth decay impacts significantly on the lives of young children and continues to be the most common reason for hospital admissions in children aged 5-9 years. The Oral Health Survey of 5 year old children in 2019 reported that **35.2%** in Bury had experienced tooth decay. Fluoride toothpaste is an effective method of reducing tooth decay and its' benefits can be maximized if brushing with toothpaste is started early in a child's life.

The Brush Bus Scheme



[The-brush-bus-scheme](#) is facilitated by the Bury Oral Health Promotion Team. At the beginning of the year 77 nursery and reception classes had implemented the daily supervised tooth brushing scheme with almost 3,500 children being given the opportunity to brush their teeth every day.

In the containment phase of the COVID-19 pandemic most oral health programmes ceased, as schools and childcare settings limited their operations. From the autumn 2020 school term, Public Health England have confirmed that supervised tooth brushing programmes may be re-established. There are a few changes to the previous Brush Bus guidance/protocols and these can be found in this guidance. [PHEcovid-19-supervised-toothbrushingprogrammesguidance](#).

NHS Health Education England has scheduled a webinar for Oral Health Promotion Teams (30/09/20) when we will be given the opportunity to discuss the infection and prevention control guidance for the supervised tooth brushing programmes. The Brush Bus scheme in Bury will resume sometime in the autumn term after this webinar. It would be advisable if EYFS managers schedule sending out consent forms to parents in preparation. Resources for the [The-brush-bus-scheme](#) are available to download from [theburydirectory](#)



The Golden Apple News

There are a small number of EYFS that have their own daily tooth brushing scheme. [PHEcovid-19-supervised-toothbrushingprogrammesguidance](#) will help ensure you deliver safe, effective tooth brushing.

The Brush Bus scheme follows the dry brushing model where children brush their teeth without the use of water or sinks. This takes place with children seated or standing. It is important to highlight **the wet brushing model is not recommended** during the COVID-19 recovery phase as it is considered more likely to risk droplet and contact transmission and offers no additional benefit to oral health over dry brushing. EYFS using the wet brushing model where children brush their teeth using water, usually standing at sinks are **strongly advised to adopt the dry brushing model**. Additional support and guidance should you require it can be obtained by contacting alison.tabois@nhs.net.

The Oral Health Promotion Team welcome EYFS who would like to join the Brush Bus scheme for their children. The Oral Health Promotion Team will provide training for pre-school staff to ensure they are fully trained regarding the supervision of the programme so it can be delivered safely and effectively, infection control is of the highest priority. All resources are provided at no cost to the settings.

Promoting Good Oral and General Health and Visiting the Dentist

Simple age appropriate for (EYFS) oral health sessions in the form of a PowerPoint Presentation will help to enable settings to promote good oral and general health and visiting the dentist. Two versions of the same presentation are available. A plain white copy for ease of printing and distribution, this can be used as a visual aid for those settings without interactive whiteboards and an animated colour copy for those with an interactive whiteboard or projector. The PowerPoint Presentation [oral-health-promotion-for-eyfs-presentation](#) includes comprehensive teaching notes and tips for each slide which will help you 'tell the story' making a fun interactive experience for all.

Dress Up Kits

Children develop and learn in different ways and to facilitate this, oral health/dental resources are available for (EYFS) settings to borrow. These resources will assist the children to explore the dental world enhancing the session. This will also allow opportunities for role play, storytelling etc. Planning your oral health session in advance will enable you to arrange for the loan of the resources. Oral health resource boxes contain dentist/dental nurse dressing up clothes, disposable face masks, gloves and dental mouth mirrors, a large mouth and toothbrush, jigsaw puzzles, story books, Judy Bear visits the dentist DVD and a small furry animal with teeth! All to further enhance the whole experience for the children.

The resource boxes are available for loan from:

Radcliffe Library, Stand Ln, Radcliffe,
Manchester M26 1JA
Phone: 0161 253 7160

Ramsbottom Library, 53 Carr St,
Ramsbottom, Bury BL0 9AE
Phone: 0161 253 5352

Please contact one of the libraries should you wish to borrow a resource box.



The Golden Apple News

Evidence for Golden Apple Award Accreditation

Remember to take photographs of oral health activities/displays, ready for when your accreditation is due. EYFS Oral Health displays are available to download from theburydirectoryoral-health-promotion-team.



Useful Nutrition Resources

First Steps Nutrition have a range of resources to support eating well in the early years.

<https://www.firststepsnutrition.org/eating-well-early-years>

[https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5f2c2a9a7038053a06b025db/1596730047318/Healthy Start and Best Start for web 29July2020.pdf](https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5f2c2a9a7038053a06b025db/1596730047318/Healthy+Start+and+Best+Start+for+web+29July2020.pdf)

Are you Sugar Smart?

<https://www.nhs.uk/change4life/food-facts/sugar#LIBHHuWW9lfmgm2p.97>

Oral Health Promotion Resources available to download for EYFS

oral-health-promotion-team-eyfs-resources



The Golden Apple News

Families Active Together



How much physical activity should children under 5 years old do every day?

Being physically active every day is important for the healthy growth and development of babies, toddlers and pre-schoolers. For this age group, activity of any intensity should be encouraged, including light activity and more energetic physical activity for at least 3 hours every day. Toddlers love to be outdoors, so encourage them to be with nature, take them to the woods or a playground so they get lots of fresh air. [Bury Book Buddies](#) is a great group which coordinates books hidden around Bury for you to find, keep or leave.

[Download the infographic: Physical Activity for Early Years \(Birth to 5 Year\)](#)

How much physical activity should children and young people aged 5-18 do every day?

Children aged 5-18 should do at least one hour of energetic activity every day. This might include [running](#), [swimming](#) or [cycling](#). Children that are active through their childhood are far more likely to be healthy adults, with less risk of diseases and being overweight.

[Download the infographic: Physical Activity for children and young people \(5 -18 Years\)](#)

Contact sports.development@bury.gov.uk for more information on how families that you work with can be more active together.

The Bury Directory

<https://theburydirectory.co.uk/>

The Bury Directory is an online searchable gateway and one stop information point for local advice, support, activities, services and more. It is an invaluable tool to help individuals, families and communities to help themselves and others in managing their own health and wellbeing and is available 24 hours a day, 365 days a year.

The directory is the catalyst for Bury residents and professionals to identify and access all the assets available in the person's local area and across the borough and can be broken down in to specific areas as well as specific age groups. It is made up of the following:

- Information & Services channel (the main body of the Bury Directory) which has information and services for all residents in Bury and surrounding areas ranging from Childcare & Families where you can search for childcare or local schools information to Ageing Well & Lifestyle where you can find information on services and activities for older people.



The Golden Apple News

- A 'What's On' section which gives information on activities and events taking place across the Borough.
- NHS & Wellbeing Channel which has information on NHS services such as 111 online, NHS UK, a health and wellbeing hub and also a widget where you can search for Doctors, Dentists and Pharmacists in your local area
- SEND Local Offer channel that has information specifically for disabled children and young people up to the age of 25 offering information on support services, activities and places of interest.
- Care Leavers Offer which holds information specifically for young adults who have recently left care and gives advice and information on a range of subjects.
- Bury Carers Channel which has information for Adult Carers, Parent Carers and Young Carers and gives information and advice on topics and services specifically aimed at Carers.

Family Information Service

The Family Information Service is a free council service providing information for parents, carers, children and young people and those working with families in Bury. This is the main contact for updating and searching information for Children and Families and is based on The Bury Directory.

The family information service supports families looking for; childcare providers, after school care, holiday care, holiday schemes, wrap around care as well as information regarding activities and support available for parents and professionals alike. It has lots of useful information and can be broken down in to specific areas as well as specific age groups. Information is held for children and young people aged 0-19 from searching for Childcare Provision to a section for Teenagers. There is also information on activities for children and families such as Guides and Scouts etc. community activities and details of leisure and recreation opportunities including sports.

The majority of families are able to access the information they need without assistance however a brokerage service is available for those who may require it. This service is for parents and carers who:

- have exhausted the normal routes of finding childcare and are still unable to find childcare which meets their needs
- need extra support to understand the options available to them, this may be because of individual child's circumstances such as a disability or special educational needs
- need childcare as an emergency/short notice
- are unable to find a free early learning or childcare place for their child.



The Golden Apple News

The Golden Apple Team

If you require further information on the Golden Apple scheme or would like to know when your next assessment is due please contact:

Golden Apple Officer

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