

Health Policy

Rationale

The continued good health and wellbeing of the children is of primary importance to us. In the Pre-School Centre we are committed to maintaining high standards of hygiene. We will always follow our health policy meticulously.

The Pre-School Centre will:

- Update and implement the latest Environmental Health Department and Health Protection Agency requirements and recommendations (Preston City Council Food Safety Section) relating to the premises, staff and children.
- Have a named member of staff who is responsible for updating the policy and keeping a list of notifiable diseases – Saskia Gregory/Lisa Best.
- Ensure that new members of staff, including students and volunteers, receive copies of the Health Policy and that this is discussed with them during their induction meeting and attend a Food Safety Course where applicable.
- Ensure that the Health Policy is made available to parents when they register their child for the Pre-School Centre.
- Negotiate the UCLan facilities management team to carry out cleaning – this occurs twice daily and is carried out by UCLan’s cleaning staff.
- Establish a cleaning routine for all areas within the premises.
- Always ensure that the premises are clean and tidy before the children arrive.
- Ensure that the outside sandpit contains suitable sand that is cleaned and changed regularly, is free from foreign bodies and small animals, and that it has a cover on when the setting is closed.
- Ensure that the routine cleaning of the premises does not take place while children are engaged in their activities.
- Establish a weekly/termly rota for cleaning equipment both large and small furniture, resources, etc.
- Provide protective clothing, such as plastic or disposable gloves and aprons.
- Provide hygienic, but safe, cleaning materials for emergencies/spillages/accidents/water/vomit wash/dressing up clothes/display drapes/table wear/blankets/other bedding regularly.
- Provide sufficient and suitable hand washing and drying facilities at all times.
- Provide washing and drying facilities for dirty or soiled clothing.

- Provide an adequate selection of clothing to change children who have had accidents of any description.
- Provide tissues/disposable nappies/disposable wet towels/towels/bibs for sole use, we do use flannels and are washed after each use to prevent the spread of infections.
- Provide cups/plates/bowls/cutlery.
- Provide an area where bins have lids and rubbish can be stored safely and hygienically.
- Ensure that soiled nappies are placed in sealed bags before they are put into the designated nappy waste bins.
- Actively promote good health and hygiene practice through notices/posters/signs/leaflets.
- Invite visiting speakers/nurses/dentists/police/fire/ to talk to children and carers about healthy lifestyles.

Hygiene

- We always observe good practice in matters of hygiene and posters are displayed for staff information.
- We encourage babies and toddlers to use potties and toilet seats correctly and safely and ensure they are kept clean and fit for the purpose.
- We encourage children to use the toilet correctly.
- We check that toilets are clean, hygienic, and flushed regularly.
- We encourage children to wash their hands regularly, especially before handling food, after using the toilet, handling animals, plants, and insects, or playing in messy or dirty areas, particularly outdoors.
- We encourage children to blow their noses into tissues and dispose of these.
- We encourage children to place their hands over their mouths when they cough or sneeze.
- We teach children to respect the cultural differences that influence people's different attitudes to hygiene.
- We wipe surfaces and tables between activities.
- We teach children hygiene awareness through planned and spontaneous discussion, routines, planned activities and learning threads.

Handling food

- We are registered as a food provider with the local authority Environmental Health department.

- We offer staff who are involved in the preparation and handling of food appropriate training to comply with local environmental health department guidance and regulations.
- All the cooking utensils are stored appropriately and clean.
- Waste food is disposed of daily.
- We monitor and assess food preparation and handling procedures regularly and posters are displayed for staff information.
- We display rotas and staff responsibilities clearly.
- We keep food preparation areas clean and hygienic, and posters are displayed for staff information.
- Food is stored at the correct temperatures and is checked to ensure all items are in its date.
- The fridge and freezers are checked have a daily temperature check.
- All hot food that is served is checked with a temperature probe to ensure safety.
- We do not allow unsupervised children to enter the kitchen/food preparation areas.
- We encourage children to eat a healthy and a well-balanced diet.
- The children are supervised through learning to prepare their own snacks using age-appropriate utensils - this encourages skills, such as chopping, hand eye coordination, sizes, vocabulary.

First Aid

- In the Pre-School Centre all our members of staff are responsible for administering First Aid. He or she holds a current Early Year's Pediatric First Aid Certificate.
- First Aid Boxes are clearly available, identifiable, and accessible to all staff.
- First Aid boxes are replenished regularly, and we seek advice from our SHE department.
- We only use supplies in sealed packages - all items are order via our SHE department.
- We always use disposable gloves.
- We provide suitable bins for the disposal of soiled materials.
- We keep an up-to-date Accident Book/individual accident report sheets for both staff and children which is available to parents. It includes details of the names of the child (ren), time, and date, location of the injury and nature of the accident.
- The forms remain in the children's individual files at the setting.
- It also includes details of the circumstances, any witnesses (and whether these are adults or children), what subsequent action was taken and by whom. The signature of the member of staff who was present is witnessed and signed by a second

member of staff and countersigned by the parent when he or she arrives to collect the child.

- In the case of a serious emergency, we will call an ambulance.
- We will inform parents immediately if an accident occurs.
- We hold permission from all parents which includes the following information:

Child's name

Date of birth

Parents' names

Emergency contact details

Details of past and present medical conditions

Allergies

Health Policy

Parental wishes

Consent signature of a parent to allow staff to make decisions regarding the child's welfare if the parents cannot be contacted.

Sick children and Medicine

- We make every effort to keep abreast of new information relating to infectious, notifiable and communicable diseases and local health issues.
- We separate a child if we feel that other children or staff are at risk.
- We contact parents to take children home if they are feeling unwell/being sick/have diarrhea/have had an accident/may have an infectious disease.
- We will ring emergency contact numbers if the parent or carer cannot be reached.
- We make every effort to care for the child in a sympathetic, caring, and sensitive manner.
- We respect the parents' right to confidentiality.
- We keep other parents informed about any infectious diseases that occur in the Pre-School Centre.
- We expect parents to inform Pre-School Centre if their child is suffering from any illness or disease that may put others at risk.
- We will only administer prescription medicines to children when there is a health reason to do so and we have written parental consent, all medicines must be prescribed for the child by a doctor, dentist, nurse or pharmacist. These include teething gel/allergy creams and paracetamol, if required.

Please note if your child requires paracetamol every four hours; we therefore would ask if you could keep your child at home until they are well. If your child is on a course of antibiotics, they can return to Pre-School 24 hours into the course of the medication and

48 hours after the last episode for sickness and diarrhea. Furthermore, we will remove sand, water, and play dough for 48 hours to reduce the spread of infection.

- We administer life-saving prescription medicines for asthma/diabetes/epilepsy/epi pen with written permission. We keep a record of how much and how often a child needs his or her medication.
- Care Plan - If your child requires additional care/medication for medical reasons a care plan will need to be set in place this will be done with your health visitor/Doctor/Pre-School and yourselves. This will enable us to follow the medical care required to ensure your child is safe and secure and can access nursery life to the fullest.
- We store medicines out of the reach of in the first aid room located in the setting.

Sun Safety

Young children can have sensitive skin that is easily damaged in the sun.

The Nursery recognises the importance of allowing the children to enjoy outdoors safely and we will work together with parents to ensure children are aware of the dangers of the sun and how to protect themselves.

We aim to do this by:

- Leading discussions about sun care in age-appropriate ways - discussing shade and light etc.
- Through role play or activities, the sun safe message will be reinforced.
- At the beginning of the summer months, we will ask all parents to bring in sun cream for their child, clearly labelled with their name so we may apply to your child as and when required. We would also ask all parents to remember to put sun cream on their child before they come to Nursery.
- When the Staff apply sun cream on the children, they must wash their hands after each application to ensure that different sun creams are not being mixed.
- We will encourage children to use the shaded areas of the garden in high sunshine - there are lots of shaded areas throughout the garden under trees.
- Children will avoid the times of day where the sun is at its hottest - between 11.00 and 15.00. The Staff will use their judgment in this matter as the British summer can be unpredictable.
- We will ask parents to bring sunhats.
- We have a set of sun hats available for children who have forgotten their own but not enough for every child, so parents must try to remember.
- We will ask permission from parents to apply sun cream on their child.

Animals

Children learn about the natural world, its animals and living creatures, as part of the learning and developments requirements of the EYFS - this may include them coming into contact with animals, or other living creatures, either in the setting or on visits, we aim to ensure that this is in accordance with sensible hygiene and safety controls.

- Any animals or pets on the premises will be free from disease.
- They will have regular health checks.
- They will be cared for in a humane manner.
- They will be cleaned out regularly.
- They will have suitable and adequate housing, water, food, exercise, and care routines.
- Their food bowls and litter trays will be cleaned regularly and will not be accessible to the children.
- We supervise the children always when they are handling animals.
- We teach the children to be caring, gentle and sensitive to animals and to be aware of their habits and behavior patterns.
- We ask children to wash their hands after handling animals or their equipment.
- We clean up any area fouled by animals immediately.
- We keep parents informed about any animals on the premises.
- We expect parents to inform us if they find their child has an allergy to any of the pets in the Pre-School Centre.

Smoking/Vaping

The University has a no smoking/vaping policy. Here at the Pre-School Centre, we support this policy and ensure this is observed always. This applies to all staff, parents, visitors, and contractors entering the Centre.

We have a no-smoking/vaping policy. We display notices and posters around the Pre-School Centre to inform staff and visitors of this policy.

Anyone who smokes on the premises or near the setting outside will be politely asked to leave.

Reviewed 16.02.2024 - Lisa Best/Saskia Gregory

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