

Health and Hygiene – Policy and Practice

Our pre-school promotes a healthy lifestyle and a high standard of hygiene in its day to day work with the children and adults. This is achieved in the following ways:

Health

Food

- All meals and snacks provided will be nutritious and pay due attention to children's particular dietary requirements.
- When cooking with children as an activity, the adults will provide healthy, wholesome food, promoting and extending the children's understanding of a healthy diet.
- All non-insulated lunch boxes will be stored in the reffridgerator

Outdoor play

- Children will have the opportunity to play in the fresh air (either in the pre-school's own outdoor play area or on outings to parks of other community play spaces).

Illness

- Parents are asked to keep their children at home if they have any infection, and to inform the pre-school as to the nature of the infection so that the pre-school can alert other parents, and make careful observations of any child who seems unwell.
- Parents are asked not to bring into the pre-school any child who is vomiting or had diarrhoea until at least 48 hours has elapsed since the last attack.
- If the children of pre-school staff are unwell, the children will not accompany their parents/carers to work in the pre-school.
- Cuts or open sores, whether on adults or children, will be covered with sticking plaster or other dressing.
- If a child is on prescribed medication the following procedures will be followed: The pre-school staff will administer asthma medication, or other medication for life-threatening conditions, but only with written authority from the parent. The dosage and time will be recorded on a medication form and will be signed by the staff member and parent.
- Written information will be obtained from the parent, giving clear instructions about the dosage, administration of the medication and permission for a

member of staff to follow the instructions.

- The pre-school will ensure that the first aid equipment is kept clean, replenished and replaced as necessary. Sterile items will be kept in their packaging until needed.

Information Sources

- Parents will have the opportunity to discuss health issues with pre-school staff and will have access to information available to the pre-school.
- The pre-school will maintain links with health visitors and gather health information and advice from the local authority information services and/or other health agencies

Hygiene

To prevent the spread of all infection, adults in the group will ensure that the following good practices are observed:

Personal Hygiene

- Hands are washed after going to the toilet
- Toothbrushes are not shared.
- Children with pierced ears are not allowed to try on or share each other's earrings.
- A large box of tissues available and children encouraged to blow and wipe their noses when necessary. Soiled tissues disposed of hygienically.
- Children encouraged to shield their mouths when coughing.
- A supply of individual towels available, of paper towels used and disposed of appropriately.
- Hygiene rules related to bodily fluids followed with particular care and all staff and volunteers aware of how infections including HIV infection can be transmitted.

Cleaning and Clearing

- Any spills of blood, vomit or excrement wiped up and flushed away down the toilet. Rubber gloves always used when clearing up spills of body fluids. Floors and other affected surfaces disinfected using chlorine or iodine bleach diluted according to the manufacturer's instructions. Fabrics contaminated with body fluids thoroughly washed in hot water.

- Spare laundered pants and other clothing, available in case of accidents and polythene bags available in which to wrap soiled garments.
- All surfaces cleaned daily with an appropriate cleaner.

Food

The pre-school will observe current legislation regarding food hygiene, registration and training.

In particular each adult will:

- Always wash hands under running water before handling food and after using the toilet.
- Not be involved in the preparation of food if suffering from any infectious/contagious illness or skin trouble.
- Smoking is not allowed at any time.
- Never cough or sneeze over food.
- Use different cleaning cloths for kitchen and toilet areas.
- Prepare raw and cooked food in separate areas.
- Keep food covered and either refrigerated or piping hot.
- Ensure waste is disposed of properly and out of reach of the children. Keep a lid on the dustbin and wash hands after using it.
- Wash fresh fruits and vegetables thoroughly before use.
- Any food or drink that requires heating will be heated immediately prior to serving and not left standing. No food or drink will be reheated.
- Tea towels will be kept clean and stored in a dust-free place, e.g. closed cupboard or drawer.
- Cracked or chipped china will not be used.