



Health and Hygiene – Policy and Practice

Aims

Churchill Preschool will promote a healthy lifestyle and a high standard of hygiene in its day-to-day work with children and adults.

Statement of Intent

Promoting health, hygiene and a healthy lifestyle will be achieved in the following ways:-

Food

All snacks provided will be nutritious and due attention will be paid to the children's particular dietary requirements and especially to known allergies. When cooking with children as an activity, adults will wear appropriate clean clothing and wash both their own and the children's hands before handling food. The food provided should be healthy and wholesome, promoting and extending the children's understanding of a healthy diet.

At lunch time children will discuss healthy food and treat food in order to gain an understanding of what is and is not healthy food. Parents/carers are asked to provide a balanced and nutritious packed lunch for children. Any concerns in relation to the nutritional value of lunch provided to children will be raised and discussed with parents or carers on that day. Inappropriate foods (such as age inappropriate food or lunches consisting solely of treat foods) may be removed from children. Out of date foods will be removed. **NB. All lunchboxes must contain an ice pack to ensure food is kept fresh.**

Outdoor Play

Children have the opportunity to play in the fresh air throughout the year, either in the Pre-School outside area or on outings around the sports field or to the park. Physical activities and exercise of varied types will take place to encourage children to enjoy participation in varied physical activities.

Illness

Parents/carers will be asked to keep their children at home if they have any infection, and to inform Pre-School as to the nature of the infection so that we can alert other parents/carers if necessary, and make careful observations of any child who seems unwell. Parents are referred to Churchill Pre-Schools terms and conditions and our Health & Safety Policy with regard to exclusion. Information about when a child may or must be excluded is available in setting and online, with government guidance covering infection control in early years' settings. Information regarding exclusion periods for the common communicable diseases and infections is also displayed on the Parents/carers Notice Board/s. **Parents/carers will be asked not to bring into Pre-School any child who has been vomiting or had diarrhoea until at least forty-**

eight hours has elapsed since the last attack. If the children of staff are unwell, they will not accompany their parents/carers to work.

Hygiene

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 parent/carer should refer to Churchill Pre-School's policy on Administering Medication and complete the necessary forms outlined in that policy/procedure.

Churchill Pre-School will ensure that the first aid equipment is kept clean, replenished and replaced as necessary. Sterile items will be kept sealed in packages until needed.

Daily, weekly and termly cleaning checks will be undertaken by staff as follows:

Tables, table cloths and food preparation areas will be cleaned when used throughout the day. The Fridge and kitchen cupboard will be cleaned weekly. Antibacterial spray will be sprayed over table cloths at the end of each day and left for 3-5 minutes. The Fridge temperature will be monitored daily and recorded on the setting risk assessment form. Towels will be washed daily, dirty towels being placed in the laundry basket for washing twice weekly by staff on a rotational basis. Bedding will be changed after each use. Clean bedding will be stored in the designated clean washing storage rack in the large storage cupboard.

Information Sources

Churchill Pre-School will maintain links with Health Visitors, Health Visiting Teams and the vast expertise and experience of the Early Years and Childcare teams at North Somerset Council. Staff will gather health information and advice from the local Health Authority Information Services and/or other health agencies. Information will be shared with consent or in line with our safeguarding policy. All information will be dealt with in accordance with the Data Protection Act 1998.

Parents/carers will have the opportunity to discuss health issues with the staff and have access to information available to Churchill Pre-School.

Policy

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

- Personal Hygiene - Hands washed after using the toilet and at other appropriate times; e.g. after outdoor play.
- Children with pierced ears will not be allowed to try on or share each other's earrings.
- A large volume of hand towel and tissue will be available and children, if able, encouraged to blow and wipe their noses and wash their hands, as necessary. Soiled tissues will be disposed of hygienically.
- Children will be encouraged to shield their mouths when coughing.
- There will always be a minimum of one toilet and one washbasin available per ten children.

- Potties, trainer seats for toilets, nappy changing facilities and the provision for discarding disposable nappies will be available, and will be kept clean. Potties and trainer seats will be sterilised after each use.
- Hand washing will be required of children after using the toilet or potty. Paper towels will be available and disposed of appropriately when used.
- Hygiene rules related to bodily fluid will be followed with particular care, and all staff and volunteers will be aware of how infections, including HIV infection, are transmitted.
- All toilets, potties, toilet seats and changing mats will be sprayed and wiped with a sanitising concentrate in-between each child's use, to stop the risk of possible cross infection of as yet unknown infections.
- Spills of blood, vomit or excrement should be wiped up and flushed down the toilet. Rubber gloves will always be used when cleaning up spills of body fluids.
- Floors and other affected surfaces will be disinfected with sanitising concentrate according to the manufacturer's instructions.
- Fabrics contaminated with body fluids will be thoroughly washed in hot water. Spare laundered pants and other clothing will be available in case of accidents. Polythene bags will be available in which to wrap soiled garments.

Preparing and Making Food

Churchill Pre-School will observe current legislation regarding food hygiene, registration and training. Staff are aware of and follow guidance in Safer Food, Better Business and a copy of this is available in setting.

In particular each adult will:-

- Always wash hands under running water before handling food and after using the toilet
- Ensure the kitchen is free from contamination, eg rodents, flies, etc
- Never cough or sneeze over food
- Use different cleaning cloths for kitchen and toilet areas, and for craft and food activity washing up.
- Prepare raw and cooked foods in separate areas, when and if applicable.

Policy date: 6th April 2016

Review date: 1st April 2017



Health & Nutrition Policy

Churchill Preschool aims to offer high quality childcare and education. We recognise the need to encourage healthy eating habits from an early age, as this will help children to reach their full potential in terms of growth and development.

Aims

Churchill Pre-School aims to support children's emerging knowledge of health and nutrition by providing well-balanced and nutritious snacks for the children.

In the event that meals are provided (such as for special occasions, parties etc.), such meals will be healthy and well balanced, and children will be encouraged to make healthy choices wherever possible. Foods will be included from all 5 food groups, and a variety of bread, cereals, rice, pasta and potatoes, fruit and vegetables, meat, fish, pulses and alternatives together with appropriate fats, will be available.

Policy

- Fresh fruit is always available at Pre-School.
- Parents/carers of children who are on special diets will be asked to provide as much information as possible about suitable foods and in some cases may be asked to provide the food themselves. Cultural dietary habits are respected.
- Parents or carers are requested to provide details of foods eaten (and not eaten) by the child when registering their child/children at Churchill Pre-School and are asked to make sure everyone involved in caring for children knows about these. A list of dietary and health needs is available to all staff at all times and is regularly updated. Parents will be asked to detail any food allergy information and a list of this will be retained and regularly updated by the Preschool Leader/s.
- Mealtimes/snack times are used as an opportunity to encourage good social habits. For example, whenever possible children and adults eat together to encourage good habits and conversation. Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat. Children will never be left unattended while eating / drinking. Children are encouraged to try new things.
- Water will be available at all times. Milk or water is provided for children as a drink between meals.
- Diluted fruit juices or very diluted squash will only be given by Pre-School on special occasions, although parents/carers may provide these in children's lunchboxes to accompany their main meal. Pre-School staff will however encourage children to drink water/milk between meals.
- Staff will complete Basic Food Hygiene training and obtain a Level 2 certificate.
- Adults and children should practice regular and good hand washing procedures. All food handling staff to wear adequate clean clothing. All food to be served immediately after preparation.

- All storage, preparation and service of food will be carried out in accordance with the relevant food hygiene and safety regulations.
- Food handlers suffering from diarrhoea and/or vomiting will be excluded from their duties until recovered and free from symptoms for at least 48 hours. Children and infants suffering from diarrhoea and/or vomiting will be excluded from their place setting until recovered and free from symptoms for at least 48 hours.

Rewards and Special Occasions

Praise and attention are used to help develop children's self-esteem and to act as a positive reward for good behaviour. Sweets and confectionary should not be given as rewards. Withholding food will not be used as a form of punishment.

Celebration of Birthdays & Other Special Occasions

On birthdays and other special occasion's e.g. Easter – staff will focus on the sense of occasion rather than the provision of rich, sugary food and drinks. A cake will be made by the children for their birthday and discussion will take place about when we have treat foods at this time. A small amount of chocolate may be given following the provision of a healthy well balanced meal on special occasions or at parties. Parents/carers should notify staff prior to any party or special occasion if they would prefer their child not to be given any treat foods.

Packed Lunch

Parents/carers are asked to provide a balanced and nutritious packed lunch for children. Lunchtime provides an excellent opportunity to discuss and promote good health and nutrition, and this should be reflected in children's packed lunches. Inappropriate foods (such as age inappropriate food or lunches consisting solely of treat foods) may be removed from children. Out of date foods will be removed. All lunchboxes must contain an ice pack to ensure food is kept fresh.

Please be aware Churchill Pre-School does not have facilities to adequately re-heat food and food must not therefore be reheated.

Activities

Healthy eating is promoted through a range of activities for the children including play, stories, music outings, cookery etc. Pre-School will actively participate in special campaigns and initiatives such as healthy eating campaigns, healthy snacks initiatives etc.

Health is promoted by children participating in a wide range of physical activities. Children will be encouraged to play outside every day, even on wet days. This will ensure that they have an opportunity to be exposed to summer sunlight, which helps their bodies to make vitamin D. Parents/carers are referred to our sun safety policy and confirmation of whether parents will apply sun cream or setting will apply sun cream will be requested from every parent.