



# HEALTH AND HYGIENE POLICY

Current Version 4.0

## Health and Hygiene Policy

We encourage a healthy lifestyle; a high standard of hygiene is therefore expected from all adults and children. We operate an open-door policy so that children can be out in the fresh air as much as possible.

### Hygiene

We use the following guidelines to ensure good practice:

- children wash hands when they arrive at Pre-school, after using the toilet, after blowing their noses and before preparing, or eating food.
- DfE and GOV.UK guidelines on hygiene, especially those relating to bodily fluids, are followed with care.
- staff and volunteers are aware of how infections can be transmitted.
- tissues are used to wipe children's noses and then disposed of hygienically
- children are encouraged to cover their nose and mouth when coughing or sneezing.
- hand sanitiser is placed around the room and used appropriately.
- all surfaces are cleaned with an anti-bacterial spray at the beginning of the day, before and after snack time, before and after lunch time and at the end of every day.
- spare clothing is available in case of accidents.

### Illness

- Parents are asked not to bring any child who has vomited or had diarrhoea to Pre-school, until at least 48 hours has passed since the last attack.
- Parents are asked to keep their children at home if they have any contagious infection and to inform us so that we can alert other parents that the infection is present at Pre-school. We will then also be particularly aware of the symptoms.



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- Parents are asked to keep their child at home if they have been given Calpol before attending.
- If a child becomes unwell during a session, the Manager will try to contact the parent. All parents sign their parental agreement to ensure that either they or their nominated representative is always contactable. If we do not get any response from a parent, we will telephone the nominated emergency contact.
- In the case of a child's temperature rapidly increasing and a parent not being able to collect their child immediately, we would be able to administer Calpol. **This would only happen if the child's parent had signed a consent form.**

## Food

- We ask that the snacks provided will be healthy and take into account the dietary needs of the child.
- Foods brought into Pre-school will be checked for content, as some children have allergies to foods, which could be fatal. They may also have religious or cultural requirements related to foods.
- Due to increased incidences of Peanut and Kiwi fruit allergies we do not allow nuts or Kiwi fruit to be brought in or eaten at Pre-school.
- It is our policy to ensure that parents cut up the snack food correctly, as directed by the Managers at the Induction sessions.

**A number of staff have completed a Food Hygiene course and obtained the qualification.**