

Health & Hygiene – Policy and Practice

Our Nursery promotes a healthy lifestyle and a high standard of hygiene in its day-to-day work with children and adults. In 2024 we achieved a level 5 food & Hygiene classification. All staff members have undertaken the new summer 2023 health & hygiene training. This is achieved in the following ways:

Food

- Attention is paid to children's particular dietary requirements.

Outdoor play

- Children will have the opportunity to play outside throughout the year and should have suitable clothing provided by parents.

Illness

If your child is absent or unwell to come to nursery, can you please either ring, text or email me, otherwise under the new EYFS guidelines I will have to contact you myself.

- Parents are asked to keep their children at home if they have any infection, and to inform the Nursery as to the nature of the infection. This will allow the Nursery to alert other parents as necessary and to make careful observations of any child who seems unwell.
- Parents are asked not to bring into the Nursery any child who has been vomiting or had diarrhoea until at least 48 hours has elapsed since the last attack. This also covers Hand Foot and Mouth, conjunctivitis and head lice which are highly contagious.
- Where children have been prescribed antibiotics for an infectious illness or health condition, **parents are asked to keep them at home for 48 hours.**
- If the children of Nursery staff are unwell, the children will not accompany their parents/carers to work in the Nursery.
- The Nursery will ensure that the first aid equipment is kept clean, replenished and replaced as necessary. Sterilise items will be kept sealed in their packages until needed.
- There will always be on the premises, at least one qualified first aider trained to administer first aid to children.
- We are required to notify Ofsted of any communicable diseases as defined by Health Protection Agency.
- A Nursery Accident Book records all accidents in setting and first aid treatment given which parents are asked to countersign.
- If a child is taken ill or receives a minor injury during Nursery hours, we will immediately contact the parent / carer or the adult designated by the parent to come and collect their child.
- If a child bumps their head at the Nursery, we record this in the accident book. They are also now given a bump card, so all staff members are made aware. The parents are then given the bump card at home time. Following official guidelines, you will now be notified of this by phone.
- At the time of arrival if a child arrives with a bump or mark, we ask the parents to record this in a book.

Information sources

- Parents will have the opportunity to discuss health issues with the Nursery staff and will have access to information available to the Nursery.
- The Nursery will maintain links with Health Visitors and gather health information and advice from the Local Health Authority Information Services and/or other health agencies. We also work with Health Visitors re 2 year old checks.

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

Personal hygiene

- Hands washed after using the toilet and before handling food – liquid soap in toilets.
- Children with pierced ears not allowed to share each other's earrings
- Children encouraged to blow and wipe their noses when necessary and to dispose of soiled tissues hygienically
- Individual towels available, or hand dryers with a minimal supply of paper towels can be 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 cleaning 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 / Drink.

The Nursery 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 with the preparation of food if suffering from any infectious/contagious illness or skin trouble.
- Nursery is a non-smoking environment.
- Never cough or sneeze over food.
- Use different coloured cleaning cloths for kitchen and toilet areas.

Oral health.

The setting provides care for children and promotes health through promoting oral health and hygiene, encouraging healthy eating, healthy snacks and tooth brushing.

- Fresh drinking water is always available and easily accessible.
- Only water and milk are served with morning and afternoon snacks.
- Children are offered healthy nutritious snacks with no added sugar.
- It is advised that Parents should try and stop using dummies/pacifiers once their child is 12 months old.
- We have a role play area to promote healthy teeth adopting dentist advice.
- The local dentist visits us yearly to talk to the parents about the importance of caring for teeth and diet. She also carries out a role play activity with the children.