



## 21- 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 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 lifestyle.

**"We advise parents and carers not to include WHOLE olives, grapes or cherry/baby tomatoes IN their CHILDREN'S LUNCH BOXES as the RISK OF CHOKING IS TOO HIGH. THEY SHOULD CUT INTO QUARTERS"**

**CHILDREN WHO STAY FOR LUNCH CLUB ARE NOT PERMITTED SWEETS/BARS OF CHOCOLATE OR FIZZY DRINKS IN THEIR LUNCH BOXES. LUNCH BOXES SHOULD CONTAIN AN ICE PACK TO ENSURE FOOD DOES NOT SPOIL.**

**"WE ASK PARENTS NOT TO BRING IN ANY FOOD OR TREAT (SUCH AS BIRTHDAY CAKE) UNLESS THEY HAVE CHECKED THE INGREDIENTS CAREFULLY. PACKAGING MUST BE CHECKED TO ENSURE THE PRODUCT IS SAFE FOR NUT ALLERGY SUFFERERS."**

### Outdoor play

Children will have the opportunity to play outside throughout the year (either in the Pre-School's own outside play area or on regular outings to parks or other community play spaces) we also have use of the large hall during wet and cold days. However, we actively promote outdoor play in ALL weathers.

### Sun Protection

We encourage staff and children to enjoy the sun safely, as they benefit from having free access to the garden. During the months of March to October it is a necessity that parents provide their child/children with a good quality sun hat each session their child attends, or their sun hat can be kept in their child's named drawer for the duration (Legionnaire or floppy brimmed hats provide the best sun protection).

The heat is at its hottest around midday, Staff will encourage children to play in the shaded areas. The children will be able to play in the Hall or Lounge when the heat is at its peak. Parents must ensure their child/children are adequately covered in sun cream before attending Pre-School sessions. (Parents to provide sun hats, sun cream)

Children without sun cream or hats may be prevented, for their own safety, from participating in outdoor activities or having their unlimited access to outside areas restricted, especially if already showing signs of sun burn (pinkness, peeling).

Throughout these months staff will optimise the shaded areas provided by the building and trees and create additional sheltered areas within our garden by providing 'Den' making materials and draping various materials to protect areas from direct sunlight.

Staff will continually monitor children for signs and symptoms of over sun and heat exposure and will act accordingly by bringing the child inside, encouraging them to drink and sit quietly and/or phoning the parent to collect if needed.



The staff will ensure there is a continuous supply of fresh drinking water that children can freely access at all times of the session.

We recognize sunburn as a burn that is preventable, painful and can cause lasting consequences.

### **Rest and relaxation.**

All children are encouraged to join in quiet activities. Children who fall asleep will be made comfortable and checked regularly. Parents of children who are here for just 3 hours will be contacted if their child falls asleep as they may want to collect them early. Children who are here all day, to contact parents after 20 minutes. Children staying for lunch or all day will be encouraged to join in a quiet time after lunch. Children are never forced to sleep.

### **All staff have completed food allergen online training.**

### **Information sources**

Parents will have the opportunity to discuss health issues with the Pre-School staff and will have access to published information available to the Pre-School. The Pre-School will maintain links with health visitors and gather health information and advice from the local health 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. In cases of pandemics all measures will be taken according to government guidelines (such as PPE provided in cases of incidents)

### **Personal hygiene**

Hands washed after using the toilet and before handling food

Children with pierced ears are 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 and re-wash their hands.

Individual towels available or 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 infection, including HIV infection, can be transmitted.

### **Pets**

If the Pre-School has at any times pets, strict hygiene procedures will be carried out at all times. Children and adults alike will be encouraged to wash their hands before and after handling pets.

### **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 soapy water.



**All work surfaces cleaned daily with an appropriate bacterial cleaner**

The Pre-School will observe current legislation regarding food hygiene, registration and training. In particular each adult will:

- Always wash hands under hot soapy 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
- Smoking is not permitted in any part of the building or garden
- Never cough or sneeze over food
- Use different cleaning cloths for kitchen and toilet areas
- Prepare raw and cooked food in separate areas to avoid cross contamination
- Keep food covered and either refrigerated or piping hot for no more than two hours

**The named member of staff for this policy is: Iva Juma**

**This policy was agreed at an Under 5s AGM meeting held on...17th...November 2025.. (Date)**

Signed on behalf of the preschool...  (Chair)