



St Marys Pre-School  
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## **17Health and hygiene policy and procedure**

**It is the policy of St Marys Pre-School to promote a healthy lifestyle and a high standard of hygiene in our day-to-day work with children and adults.**

**We do this by:**

- Developing and maintaining professional links with (local, regional, national – including Portage, Speech and language, Early Education team and Wrexham family information) healthcare professionals and information services to obtain relevant and current professional knowledge and practice
- Following the guidance in the All Wales Guidance for Infection Prevention and Control for Childcare Settings (0 – 5 years)
- Providing opportunities for parents to discuss health issues with staff when their child starts attending or at any time during operational hours, either informally or formally
- Providing training opportunities for staff in first aid and food preparation safety that meet or exceed regulatory requirements
- Using domestic-strength only cleaning fluids and storing them safely in line with our risk assessment
- Operating an effective policy about children who are ill and have infectious illnesses
- Providing opportunities and activities in day-to-day practice that encourage children in our care to discuss and learn about the benefits of healthy lifestyle choices
- Maintaining an ethos that encourages and enables staff members to model healthy lifestyle choices
- Providing food and snacks that are healthy and wholesome, promoting and extending the children's understanding of a healthy and varied diet
- Planning all meals and snacks in advance, taking account of all dietary requirements including those for medical, cultural, religious reasons and parental choice
- Encouraging children to become independent in dealing with their personal needs
- Maintaining a safe and healthy approach for animals we care for and children's involvement.

**The following procedures are in place to limit the spread of infection:**

- A box of tissues is available for children to blow and wipe their noses as necessary. Soiled tissues are disposed of hygienically and a mobile hand washing system is available for staff and children to use
- Children are encouraged to shield their mouths when coughing and sneezing
- Toilet facilities meet or exceed regulatory requirements and potties, trainer seats for toilets, steps, nappy changing facilities and disposable nappies are available as needed
- Hands are washed after using the toilet and before handling food
- Individual hand drying facilities are provided and disposal of paper towels is appropriate
- Arrangements for changing and disposal of nappies/soiled clothes meet environmental health requirements (describe: e.g. contractual nappy disposal or double bagged and returned to parents)
- Staff wear disposable aprons and gloves (which are disposed of appropriately) when changing children
- Staff and any volunteers are aware of how infections are transmitted and training is provided to deal with spillages and bodily fluids
- Personal items such as toothbrushes and face cloths are not shared
- Children who have pierced ears do not try on or share each other's earrings
- Children with head lice are not excluded; advice about treatment for the whole family is given to all parents
- Tables and work surfaces are cleaned and wiped with an antibacterial product before meals and prior to cooking activities
- Disposable latex gloves and aprons are always used when cleaning spills of body fluids
- Any spillage of blood, vomit or excrement is wiped up and flushed down the toilet and the surface disinfected. (It is recommended that bleach is not used)
- Any fabric contaminated with body fluids are washed in hot water (minimum temperature 60 degrees)
- Spare clothing is available in case of accidents. Plastic bags are available in which to wrap soiled garments.

**Food hygiene** – see also our food, drinks and healthy eating policy and procedure

**St Marys Pre-School ensures the practice of storing, preparing and serving food meets (or exceeds) regulations for a food provider.**

**We do this by:**

- Requiring identified members of staff to attend food hygiene training
- Meeting requirements set by the Food Standards Agency

**Food as an activity** - When cooking or handling food as an activity St Marys Pre-School takes full account of the above.

**Toileting**

- Children who are in nappies are checked regularly and changed immediately if required
- Children have access to toilet facilities at all times. Where appropriate children's seats, potties, steps, etc. are available. Help and assistance is given where needed
- Independence is encouraged and privacy is respected
- Children are accompanied to the toilet as soon as they indicate their need
- Personal care is delivered only by fully checked members of staff
- Children are taught good hygiene practice in relation to their own personal care as they grow to independence
- Warm water and soap are available for children to wash their hands
- Water temperature is controlled
- Toilets, potties, etc. are checked regularly and cleaned/disinfected daily (or according to need)
- Changing mats and related equipment are disinfected after each use.

**Illness (see admissions and medication policies)**

- Parents are asked to keep their children at home if they have any infection
- Parents are asked to inform the provision about any infection so that prompt attention can be given to other children who may appear unwell

- Information about exclusion periods for the more common communicable diseases is made available to parents
- Parents of a child who has been vomiting or had diarrhoea are asked not to bring their child in to the provision until at least 48 hours has elapsed since the last attack
- Parents are informed of any outbreak of a significant infectious disease within the provision (in a confidential manner)
- Members of staff whose children are unwell are not permitted bring their child to the provision
- All minor injuries, such as cuts or open sores, are covered
- St Marys Pre-School's designated first aider ensures that the first aid equipment is kept clean, replenished and replaced as necessary.

### **Outdoor play and sun safety**

- Children have the opportunity to play in the fresh air throughout the year, either in St Marys Pre-School's own outside area or on outings to parks or other community play spaces
- A risk assessment of the outside area is carried out prior to children's use at each session
- Appropriate clothing is worn for all outdoor activities/weather (including sunhats/wet weather clothes)
- Outdoor activities are arranged to avoid sun around midday
- Parents are asked to supply high factor sun lotion (in the original container) for use by their child and give written consent for staff to apply it
- Sheltered places are available for use outdoors during sunny days.

This **health and hygiene** policy and procedure was passed for use in St Marys Pre-School

On:

By:

Position:

Date of planned review: