

Maidenbower Infant School Nursery

Health and Hygiene Policy

Our Nursery promotes a healthy lifestyle and a high standard of hygiene in its day-to-day work with the children and adults.

Healthy lifestyles will be encouraged as follows:

Health

Food

- * Encourage parents/ carers to provide fresh fruit and vegetables for their child to eat at Nursery snack time.
- * When cooking with children as an activity, the adults will provide healthy, wholesome food, promoting and extending the children's understanding of a healthy diet.

Outdoor and Active Play

- * Children will have the opportunity to play in the fresh air throughout the year in the Nursery garden.
- * We ask parents to ensure that the children are dressed in appropriate clothes and footwear, to allow the children to enjoy the play equipment safely.
- * When the weather is sunny, children are encouraged to wear appropriate clothing, as detailed in the clothing policy.
- * We cannot stop children from playing outside, if they are not well enough to play outside they need to stay at home.

Illness

- * Parents/carers are asked to keep their children at home if they have any illness or infection e.g. chicken pox, and to inform the Nursery as to the nature of the infection so that the Nursery can alert other parents/carers, and make careful observations of any child who seems unwell.
- * If a parent/carer has a younger or older sibling who needs to accompany them when dropping off or collecting their child from Nursery and this sibling is suffering from a contagious illness or infection e.g. chicken pox, then it is very important that the parent/carer arrives later to drop off and earlier to pick up than normal. This is to avoid infections or illnesses being spread especially amongst those who are vulnerable e.g. pregnant women.

- * No child who has been vomiting or had diarrhoea can come into Nursery until at least 48 hours has elapsed since the last attack.
- * Notifiable illnesses and group illnesses will be reported to the local Health Protection Unit.

Head lice

- * If head lice are found on a child at Nursery, it is our policy to speak confidentially to the parents/carer on collection or by telephone. We will offer our advice and support if required.
- * If the head lice persistently remain untreated, it will be necessary to inform MASH under the Child Protection Act.
- * Parents will be informed of any outbreak of headlice.

Hygiene

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

Personal Hygiene

- * Hands washed with soap and water after using the toilet.
- * Hands are washed before eating and drinking.
- * Children with pierced ears are not allowed to try on or share earrings.
- * A box of tissues is available and children are encouraged to blow and wipe their noses when necessary. Soiled tissues are disposed of appropriately.
- * Children are encouraged to shield their mouths when coughing.
- * Individual paper towels are used and disposed of appropriately.
- * Hygiene rules related to bodily fluids are followed with particular care and staff are aware of how infections, including HIV infection, can be transmitted.

Cleaning and Clearing

- * Any spills of bodily fluids are wiped up and flushed away down the toilet. Rubber gloves and plastic disposable aprons are always used when cleaning up spills of bodily fluids. Floors and other affected surfaces will be disinfected using Shield disinfectant. Fabrics contaminated with bodily fluids are placed in double sealed polythene bags for disposal.
- * Spare items of clothing are available in case of accidents; soiled clothing is placed into polythene bags.
- * All surfaces are cleaned daily with an appropriate cleaner and colour coded cloths.
- * All surfaces used for eating and drinking are cleaned before children have drinks, snacks and at lunch time.
- * Toys will be cleaned and disinfected frequently.

Food

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

- * Always wash hands with soap under running water before handling food and after using the toilet.
- * Not be involved with the preparation of food if suffering from any skin conditions e.g. eczema.
- * Never cough or sneeze over food.
- * Ensure waste is disposed of properly and out of reach of the children.
- * Keep a lid on the bin and wash hands after using it.
- * Wash fresh fruit and vegetables before use.
- * Ensure that clean tea towels will be available for each session.
- * Ensure all utensils are kept clean and stored in a dust free container.
- * Ensure that cracked or chipped china is not used and is disposed of as soon as possible

Earrings

Earrings should conform to the National and County Regulations and Guidelines which state, specifically with regard to earrings, that only studs should be worn in Nursery because of the danger of injury to the wearer and to other children.

Premises

- * We operate a no smoking policy on the Nursery premises.

THIS POLICY IS REVIEWED ANNUALLY. A SIGNED COPY OF THE POLICY IS DISPLAYED ON THE PARENTS INFORMATION TABLE IN THE NURSERY.