

## Health Policy

At The Willow Nursery we are committed to maintaining high standards of hygiene. The continued good health and wellbeing of the children is of primary importance to us. We will always follow our Health Policy.

### **How we implement the policy into our school:**

- Update and implement the latest UK Health Security Agency requirements and recommendations relating to the staff and children.
- Appoint a suitably-qualified, named member of staff who is responsible for updating the policy and keeping a list of notifiable diseases (Amanda Hunt).
- Make sure that new members of staff, including students and volunteers, receive copies of the Health Policy, and that this is discussed with them during their induction meeting.
- Negotiate with any persons or agencies employed to carry out cleaning.
- Establish a cleaning routine for all areas within the premises.
- Ensure that the premises are clean and tidy before the children arrive.
- Ensure that the sand play contains suitable sand that is cleaned and changed regularly is free from foreign bodies and small animals, and that it has a cover.
- Ensure that the routine cleaning of the premises does not take place while children are engaged in their activities, apart from frequent cleaning of toilets and wiping tables.
- Provide protective clothing, such as plastic or disposable gloves and aprons.
- Provide hygienic, but safe, cleaning materials for emergencies (in hatch out of reach and in shed).
- Wash equipment and dressing up clothes regularly.
- Provide sufficient and suitable hand washing and drying facilities.
- Provide an adequate selection of clothing to change children who have had accidents of any description.
- Provide bins and rubbish is stored safely and hygienically.
- Actively promote good health and hygiene practice.
- Invite visiting speakers, nurses, dentists and doctors (suitable qualified parents where possible) to talk to children and carers about healthy lifestyles.

### Hygiene

- We observe good practice in matters of hygiene at all times.
- We encourage the children to use the toilet correctly and safely and sure they are kept clean and fit for the purpose.

- We check that toilets are clean, hygienic and flushed regularly.
- We encourage children to wash their hands regularly, especially before handling food, after using the toilet, handling animals, plants and insects, or playing in messy or dirty areas, particularly out of doors (after outings to the garden or playgrounds, shops or Clapham Common).
- We risk assess our garden daily
- We encourage children to blow their noses into tissues and dispose of these correctly.
- We encourage children to place their hands over their mouths when they cough or sneeze.
- Wipe surfaces and tables between activities and especially before break using an anti-bacterial spray.
- We teach children hygiene awareness through planned and spontaneous discussion, role-play, routines, planned activities and topics.

### Handling Food

- All staff who are involved in the preparation and handling of food undertake appropriate training to comply with local environmental health department guidance and regulations.
- We monitor and assess food preparation and handling procedures.
- We keep food preparation areas clean and hygienic.
- We encourage children to eat a healthy and well-balanced diet (fruit and vegetables three times a week for break, and through our food related projects.)

### First Aid

- At The Willow we have designated trained members of staff responsible for administering First Aid.
- First Aid boxes are clearly posted, identifiable and accessible to all staff.
- First Aid boxes are replenished and checked annually, or as required, and replenished if supplies are running low.
- We only use supplies in sealed packages.
- We always use disposable gloves.
- We keep an up-to-date **Accident Book** for both staff and children which is available to parents. It includes name of the child, time, date, location of the injury and nature of the accident. It also includes details of the circumstances and what subsequent action was taken and by whom. The member of staff who was present signs the book and it is countersigned by the parent/carers when he or she arrives to collect the child.

- If a child is sick and needs to go home, we record this in a duplicate **Sick Book**, recording the date and time that the illness was first noted, and its symptoms, so it can be handed by the parent to a doctor or hospital if need be.
- In the case of a serious emergency we will call an ambulance. We also have contact details for each child's doctor.
- We will inform parents/carers immediately if a serious accident occurs or if there is a head injury.
- We hold Child Profiles from all parents which includes the following information:

Child's name

Date of birth

Parents/carers names

Emergency contact details

Details of past and present medical conditions

Allergies

Additional information they feel we should know

### **Sick Children & Medicine**

- We make every effort to keep abreast of new information relevant to infectious, notifiable and communicable diseases and local health issues.
- We contact parents/carers to take children home if they are feeling unwell/being sick/have diarrhoea/have had an accident/may have an infectious disease.
- We ring emergency contact numbers if the parent or carer cannot be reached.
- We make every effort to care for the child in a sympathetic, caring and sensitive manner.
- We respect the parents'/carers' right to confidentiality.
- We keep other parents informed about any infectious diseases that occur in our school.
- We expect parents to inform the school if their child is suffering from any illness or disease that may put others at risk.
- We will administer non-prescription medicines to children when there is a health reason to do so, and we have a signed Medication Form. These include allergy creams, inhalers and EpiPens.
- We administer prescription medicines for asthma/diabetes/epilepsy/allergies with a signed Medication Form. We keep a record of how much and how often a child needs his or her medication. Each dose given is recorded and signed by staff and parents.
- We store medicines out of the reach of children and check their sell-by dates before administration.

- We encourage the children to bring hats to wear outside during periods of hot and sunny weather. We expect parents to apply high-factor sun block prior to the child arriving at The Willow. Those children staying in the afternoon will have sunscreen applied at lunchtime.

### **Infectious and communicable diseases**

Parent/carers must be informed verbally and in writing as soon as possible if any infectious or communicable diseases are detected on the setting's premises.

In addition, Ofsted must be notified of:

- any food poisoning incident affecting two or more children cared for on the premises
- any child having meningitis
- an outbreak on the premises of any Notifiable Disease identified as such in the Public Health Infectious Diseases Regulations 1988
- They should also take advice from Public Health England - <https://www.gov.uk/government/organisations/public-health-england>
- The Willow can refuse to accept a child back if they do not/until such time as they receive a doctor's note confirming that the child is fit to return and no longer poses any risk of infecting the other children or staff at the setting.

### **Head lice**

When a case of head lice is discovered at the setting, the situation should be handled carefully and safely. The child concerned should not be isolated from other children, and there is no need for them to be excluded from activities or sessions at the setting.

When the child concerned is collected, their parent/carer must be informed in a sensitive manner. They will be advised to go on to the <https://www.gov.uk/government/organisations/public-health-england> to check the latest advice.

Staff should check themselves regularly for head lice and treat whenever necessary.

### **Minimum exclusion periods for illness and disease**

The following recommended exclusion guidelines apply to children and staff in your setting. However, it is recommended that you consult the Health Protection Agency for an up to date list of exclusions as advice does change.

Antibiotics prescribed	First 24 hours
Chicken Pox	Until all vesicles have crusted over
Diarrhoea & vomiting	48 hours from last episode of diarrhea & vomiting
Diphtheria	2-5 days Gastro-enteritis, food poisoning
Salmonella and Dysentery	24 hours or until advised by the doctor

Glandular Fever	Until certified well
Hand, Foot and Mouth disease	During acute phase and while rash and ulcers are present
Hepatitis A	7 days from onset of jaundice and when recovered
Hepatitis B	Until clinically well
High temperature	24 hours after they start to feel better
Impetigo	Until the skin has healed
Infective hepatitis	7 days from the onset
Measles	4 days from when the rash first appeared
Meningitis	Until certified well
Pediculosis (lice)	until treatment has been given
Pertussis (Whooping cough)	21 days from the onset
Poliomyelitis	Until certified well
Ringworm of scalp	Until cured
Ringworm of the body	Until treatment has been given
Scabies	Until treatment has been given
Scarlet fever and streptococcal infection	3 days from start of the treatment of the throat
Tuberculosis	Until declared free from infection by a doctor
Typhoid fever	Until declared free from infection by a doctor
Warts (including Verrucae)	Exclusion not necessary. Sufferer should keep feet covered.

### **Smoking**

We have a no-smoking/drinking/drug-taking policy. Those who do so will be politely asked to leave.

Name of Person Reviewing Policy	Date Review Carried Out	Date to be reviewed (Yearly / when necessary)
Amanda Hunt	January 2024	As necessary