

# SWILLINGTON PRE-SCHOOL PLAYGROUP

## HEALTH AND HYGIENE- POLICY AND PRACTICE

Swillington Pre School promotes a healthy life-style 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 diet.

### **Outdoor Play**

We would like the children to have the opportunity to play in the fresh air throughout the year, and are currently exploring avenues to enable us to do this. Swillington Pre-School values physical activity across the curriculum.

### **Illness**

Parents are asked to keep their children at home if they have any infection, and to inform Swillington Pre-School as to the nature of the infection so that the Pre-School can alert other parents if appropriate, and make careful observations of any child who seems unwell.

Parents are asked not to bring into the Pre-School any child who has been vomiting or had diarrhoea until at least 48 hours has elapsed since the last attack. If a child arrives at the playgroup before the 48 hour period is up they will be refused admission. If your child should require emergency treatment on or off the premises whilst in Swillington Pre-school's care, we will presume permission to treat as appropriate.

The pre- school reserve the right to send home any child it feels is not well enough to attend.

If the children of pre-school staff are unwell, the children will not accompany their parents/ carers to work in the pre-school.

The pre-school will ensure that the first aid equipment is clean, replenished and replaced as necessary. Sterile items will be kept in their packages until needed.

## **Information Sources**

Parents will have the opportunity to discuss health issues with the Pre-School staff and will have access to information available to the Pre-School. Swillington 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 as appropriate.

## **Hygiene**

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

### **Personal hygiene**

A large box of tissues available and children encouraged to blow and wipe their noses when necessary. Soiled tissues are disposed of hygienically.

Hands washed with soap and thoroughly dried after using the toilet.

Children encouraged to shield their mouths when coughing.

Paper towels used and disposed of appropriately.

Hygiene rules relating to bodily fluids followed with particular care and all staff and volunteers aware of how infections, including hepatitis and the HIV infection, can be transmitted.

## **Food**

Swillington Pre-School will observe current legislation regarding food hygiene, registration and training..

The following basic precautions will be taken to ensure good food hygiene in the Pre-school:

- Wash hands before preparing and cooking food and ensuring children do the same.
- Always follow storage, preparation and cooking instructions as specified on food labels and check "use by" dates.
- Food preparation surfaces to be cleaned prior to use.
- Fridge temperatures to be checked regularly.
- Swillington Pre-school has a strict no smoking policy.

Most of the staff have attended and passed a food hygiene course.

## **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.

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.

All utensils will be kept clean and stored in a dust-free place, in a closed cupboard or drawer.

Tea towels will be kept scrupulously clean and washed between each session.

Signature:

Date:

Position held: