



(Registered Charity No 1023585)

Food, Health, Hygiene and Safety Issues

The promotion of good health and hygiene practice is essential for the well being of all adults and children within the pre-school.

Food

Snacks provided by the Preschool will be nutritious and take into account children's particular dietary requirements. When cooking with children as an activity the adults are extending the children's understanding of a healthy diet as well as the opportunity to learn cooking skills. Close attention is given to cleaning hands and equipment. The majority of staff have obtained Food, Health and Hygiene Certificates.

Drinking Water

Parents are encouraged to provide a named drink flask filled with WATER to be kept in the child's basket, for the child to drink when they wish and are encouraged to do so.

Preschool will provide cups of water if necessary for the child to use in session time.

Food provided by Parents

Parents/carers are encouraged (and guidelines given) to provide fresh and nutritious food; to be stored in a suitable, named container. Parents/carers are advised on the storage facilities available. Parents/carers are informed of any food allergies, to avoid dangerous allergic reactions and in case of food swapping (which is discouraged). Food containing nuts are also discouraged from being provided in lunch boxes.

If lunch box is forgotten, or there has not been enough food provided by the Parent/carer, Preschool will provide appropriate food and require reimbursement from Parent/carer.

Health

Parents are encouraged to discuss the completion of immunization programmes, developmental checks and other health related issues with their GP or other health professional. Details of immunizations' allergies and other health information will be asked during the admission procedure. Any information concerning a child with special needs or with a specific medical condition must be made available to the staff (confidentiality will be respected). Parents will have the opportunity to discuss health issues with Pre-school staff and will have access to information held by the pre-school.

We maintain and comply with a no smoking policy.

Administering medicine

Please refer to the Medicine Administration Policy.

Hygiene

The pre-school will observe hygiene precautions to prevent and control the usual infectious childhood illnesses and others such as hepatitis B, meningitis, food poisoning, diarrhoea, HIV / AIDS etc.

All adults within the group must ensure that:

- Washing up is done in hot water using a detergent.
- Cups are air-dried or a clean tea towel used.
- Clean tea towels are available at every session.
- Different cloths are used for cleaning tables, floors and kitchen tops.
- Hands are washed before preparing food or drinks and especially after using the toilet.
- Cuts / open sores are covered with an appropriate dressing.
- Spills of blood / vomit / excrement are cleaned immediately – Protective gloves must be worn.
- Affected areas are disinfected using a bleach or appropriate cleaner.
- Children with pierced ears must not be allowed to try on or share earrings.
- A box of tissues is available for children to wipe their noses.
- Children are encouraged to shield their mouths when coughing.
- Spare clothing is available in case of 'accidents'.
- Children wash their hands after using the toilet.
- Paper towels are provided for drying hands.

Childhood diseases, infections and infestations such as, chicken pox, measles, head lice, conjunctivitis and German measles must be notified to the pre-school Leader who will advise on exclusion periods and will notify other parents via noticeboard. Children of preschool staff who are unwell will not accompany their parents to the pre-school.

Staff and children who have had diarrhoea or vomiting **should be clear for 48hrs** before returning to pre-school

Safety

The safety of young children is paramount throughout the pre-school session. Children will not be accepted into the pre-school before 8.45 unless accompanied by their parent/carer and agreed by the Leader. All children must be collected by the end of their agreed session time.

- Adult / child ratios set by Statutory Framework will be met at all sessions.
- Adults will be advised of the arrival/departure procedures.
- Safety checks on premises, fixtures, toys and equipment to be carried out regularly. (*Please refer to the Health and Safety Policy*)
- Children not allowed in the kitchen unless adult supervised.
- Children are not allowed in the accessible toilet without supervision.
- Emergency drills are carried out regularly. (*Please refer to the Emergency Drill and Accident Policy*).