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Charity ref: 1147389
Ofsted: Y457353

Health Policy

Statement of Intent

This setting believes that the health of children is of paramount importance. Our setting is a healthy place to be for children, parents, staff and volunteers.

Aim

To ensure that all reasonably practical steps are taken to ensure the health of everyone using the nursery premises.

Methods

- The senior member of staff on duty each day ensures that health and hygiene procedures are carried out.
- Checks are carried out by the manager or committee.
- The cleanliness of the setting is checked before the children arrive each day.
- There are daily, weekly and termly cleaning and hygiene procedures for all areas of the setting. These are communicated to staff through staff meetings and induction. All regular staff have a Food Hygiene Certificate. All other staff involved in preparing food have a food safety induction.

- Cleaning is done at the end of the session or by staff who are supernumerary, so the children's care and education are not affected. Surfaces and toilets are checked regularly.
- Children are encouraged to follow hygienic practices by signs on the wall and by direct teaching. Children wash hands before eating food or cooking and after messy or outdoor play. Staff take into consideration cultural influences on children's hygiene where appropriate.
- We are in contact with the Environmental Health Department for up to date advice.
- All sandpits have covers and spilt sand is thrown away.
- Smoking is not allowed on The Ark premises or in the school grounds. Staff who smoke should not be wearing their uniform whilst smoking and not have contact with children for 20 minutes after smoking a cigarette.
- Children have the opportunity to play outside daily.
- Through the children's regular group routine we provide 3 hours of active play inside and out (recommended UK physical activity guidelines)
- Staff encourage physical activity by being good role models and joining in with active play i.e. dancing etc

Healthy Eating and Drinking

- Children are encouraged to eat healthily by staff setting an example, by articles in the newsletter and information for new parents, by pictures on the café board and by direct teaching.

- Teachers sit and eat and chat with the children.
- Healthy snacks are provided. Dietary and religious or cultural requirements are accommodated.
- We are in close liaison with the Family Services health worker who keeps us up to date on current health issues.
- Children are made aware that drinking water is available to them at all times. Young children are helped with drinks. They are all offered a drink of milk or water at breakfast, mid-morning, at lunch and mid-afternoon.

Medicine and Sick Children

Parents are requested to keep their child at home if they are feeling unwell or if they have an infectious illness (refer to spotty book for exclusion times). We will notify Ofsted of any notifiable diseases. Children and adults must be free of vomiting and diarrhoea for 48 hours before returning to the Ark.

There is a procedure for caring for children who become sick while at The Ark. They are comforted and supervised at all times. Parents/authorised person are contacted to pick up child as soon as possible. If they cannot be contacted the child will be cared for until they arrive and they will be asked to update their contact details.

Parents are required to fill in a permission form if staff need to give prescribed medicine while a child is at the setting and staff record all details of administration. The child's Key Person will administer the medicine under the direction of the Lead Practitioner. Prescribed medicines are kept on top shelf in nappy room in labelled basket or in the fridge.

Children's emergency medicine is available at all times.

Staff medication to be kept in their own locked staff locker.

First Aid

- All regular staff have up to date Paediatric First Aid certificates.
- Contents of first aid boxes are updated at fortnightly staff meetings.
- There are first aid boxes in the nappy room and kitchen and one is taken on outings.
- Staff are made aware of parent's cultural and religious wishes.
- Parents are made aware of emergency procedures through the prospectus.
- Parents are asked to tell the staff of any accident or injury that the child has sustained prior to arriving at the setting. This information is recorded.
- Any accidents that occur during the session are recorded and parents are informed.
- The accident book is reviewed at staff meetings to identify any trends that could be prevented.

This policy was adopted at a staff meeting of The Children's Ark:

Signed..... Print Name.....

Dated.....

And at The Children's Ark committee meeting:

Signed by chairperson..... Print Name.....

Dated.....

Date of review.....