



## **Health and hygiene policy**

### **Health**

#### **Food:**

- Children's particular dietary requirements will be taken into consideration when choosing the snacks given.
- It is very important to share with us if your child has any allergies.
- When cooking with children as an activity, the adults will promote and extend the children's understanding of a healthy diet.

**Children attending Tuesday, Wednesday, Thursday and Friday afternoons** will need to bring a packed lunch into Pre-School. They will need a nutritional lunch and a drink (can these be named in a named box etc.) **Please do not send in glass bottles, fizzy drinks, sweets or food products containing nuts. Grapes must be cut up – whole grapes are a choking hazard. Please do not include foods containing nuts.**

#### **Outdoor play:**

- Children will have the opportunity to play in the fresh air throughout the year. Parents and carers need to be responsible for sending their child in appropriate clothing for outdoor play e.g. warm coat, hat, gloves for cold weather and sun hat in the summer. Parents and carers are also responsible for applying sun cream to their child's skin during hot weather.

#### **Illness:**

- Parents are asked to keep their children at home if they have any infection or contagious illness and to inform the Pre-School as to the nature of the infection, so that we can alert other parents and observe any child who seems unwell.
- Parents are asked not to bring any child into Pre-School who has been vomiting or had diarrhoea until **48 hours** has elapsed since the last attack.
- If the children of Pre-School staff are unwell, the children will not accompany their parents to work in the Pre-School.
- If staff are unfit due to illness they should take appropriate recuperation at home - staff who have had vomiting or diarrhoea must not return to work until **48 hours** has elapsed since the last episode.
- Cuts and open sores, whether on adults or children, will be covered with sticking plaster or other dressing.
- The Pre-School will ensure that the first aid box is kept clean, replenished and will replace item when necessary. Sterile items will be kept sealed in their packages until needed. A separate lidded box or zip lock bag will be used for latex free plasters if required by an adult/child that has a known latex allergy and this will be clearly named. Latex free gloves will be used when gloves are required if a child/adults attend Pre School with a latex allergy.

### **Hygiene**

In relation to preventing the spread of infection the following good practices are observed;

#### **Personal Hygiene:**

- Hands washed before entering the hall and after using the toilet.



- A large box of tissues and hand sanitiser is available and children are encouraged to blow and wipe their noses when necessary. Soiled tissues will be disposed of hygienically in the used tissue bin. This is allocated under the white table (circle table) near the box of tissues.
- Children will be encouraged to shield their mouths when coughing.
- Paper towels will be disposed of appropriately.
- Hygiene rules as to bodily fluids will be followed with particular care and all staff and volunteers made aware of how infections, including HIV infection, can be transmitted.

### **Cleaning and Clearing:**

- Any spills of blood, vomit or excrement will be wiped up and flushed away down the toilet. **A blue disposable apron and rubber gloves will always be used when cleaning up spills of bodily fluids.** Floors and other affected surfaces will be disinfected using appropriate cleaning fluids. Fabrics contaminated with bodily fluids will be thoroughly washed in hot water. Spare laundered pants and other clothing is available in cases of accidents and polythene bags will be available to wrap soiled garments in.
- All tables are cleaned daily with an anti-bacterial cleaner, using blue clothes – table cloths are used for snack time – these are cleaned prior to use and after – then left to air dry.
- Blue paper towels are kept for cleaning tables in craft and messy play areas.

### **Food:**

- Adults will always wash their hands using warm running water and soap, before handling food and after using the toilet.
- Never cough or sneeze over food
- Blue roll tissue is used for cleaning within all areas of the Pre School.
- Raw and cooked food to be prepared in separate areas - See Cross Contamination.
- Keep food covered and either refrigerate or keep piping hot
- Ensure that waste is disposed of properly and out of reach of the children. Keep a lid on the dustbin and wash hands after using it.
- Wash fresh fruit and vegetables thoroughly before use.
- Tea towels will be kept clean and washed regularly
- All utensils will be kept clean and stored in a dust free place
- Cracked or chipped china will not be used.

Tandridge Village Pre-School must notify Ofsted of any food poisoning affecting two or more children looked after on the premises. Notification will be made as soon as practicable but must be within 14 days of the incident. This is a requirement by law and would be an offence if not adhered to.

This policy has been adopted by Tandridge Village Pre-School Committee.

Signed on behalf of the Pre-School:

Date:

This policy will be reviewed:

Autumn 2025

(Unless there is a change in legislation or with direct guidance from an educational body)

Staff Signatures: