



## Health and Hygiene

### Policy Statement

Our Pre-School promotes a healthy lifestyle and a high standard of hygiene in its day-to-day work with children and adults. This is achieved in the following way:

### Health

#### Food:

- 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. Children's medical and personal dietary requirements will be respected.

#### 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.
- The Pre-School will maintain links with the health visitors and gather health information and advice from the local health authority information services and/or other health agencies.

### Hygiene

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

#### Personal Hygiene:

- Hands will be washed on arrival, after being outside, before and after snacks and lunch, and after using the toilet.
- Boxes of tissues are located around the setting including outside, and staff encourage and support children to blow and wipe their noses, when necessary, soiled tissues are disposed of hygienically.
- Staff and children follow the 'catch it, kill it, bin it' rule.
- Children are encouraged to cough into their elbow or a tissue.
- Parents are encouraged to wash uniforms regularly.
- Children wash their hands with liquid soap, use the paper towels for drying them, and then put the paper towel in the bin provided.

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

### **Cleaning and Clearing:**

- Any spills of blood, vomit or excrement are cleaned up and disposed of appropriately. Disposable gloves and aprons are always used when cleaning up spills of bodily fluids. Floors and other affected surfaces are disinfected using sterilising fluid or the designated spill kit diluted according to manufacturer's instructions. Fabrics contaminated with bodily fluids are double bagged and sent home.
- Parents are requested to supply spare clothing, however, spare laundered pants, and other clothing are available in case of accidents and polythene bags available in which to wrap soiled garments.
- All surfaces are cleaned with antibacterial cleaner and spray.
- We use colour-coded washable cleaning cloths.

### **Food:**

- Kitchen cloths are washed daily.
- Prepare raw food and cooked food on separate chopping boards.
- Ensure waste is disposed of properly and out of reach of children. Keep a lid on the dustbin and wash hands after using it.
- Wash fresh fruit and vegetables thoroughly before use.
- Food is cooked as required and will be heated immediately prior to serving and not left standing. No food will be reheated, and leftovers are disposed of.
- All utensils will be kept clean and stored in a dust free place e.g., closed cupboard or drawer.
- Cracked or chipped china will be disposed of.
- Always wash hands with soap and running hot water before handling food.
- Only staff will prepare and distribute snacks during the Pre-School session. All staff are trained in food preparation and hygiene.

### **Adoption and annual review of the policy**

<b>This policy was adopted at a meeting of</b>	Tiddlywinks Pre-School Committee
<b>held on</b>	22nd April 2024
<b>Signed on behalf of the management committee</b>	
<b>Name of signatory</b>	Hilary Allen
<b>Role of signatory</b>	Chair

