

Nursery Plus Pen-y-Bryn & Pre Nursery Pen-y-Bryn

Health and Hygiene Policy

Nursery Plus Pen-y-Bryn and Pre Nursery Pen-y-Bryn will promote a healthy lifestyle and a high standard of hygiene in its day-to-day work with children and adults. All staff, students and volunteers will achieve this in the following ways:

Information Sources

- the settings will maintain links with health visitors and gather health information and advice from the local Health Authority Information Services and/or other health agencies such as Environmental Health
- parents/carers will have the opportunity to discuss health issues with the staff and have access to information available to the group.

Hygiene

To prevent the spread of all infection, adults in Nursery Plus and Pre Nursery should ensure the following good practices are observed:

Personal Hygiene:

- a large box of tissues will be available and children encouraged to blow and wipe their noses as necessary. Soiled tissues will be disposed of hygienically
- children will be encouraged to shield their mouths when coughing
- there will be a minimum of one toilet and one wash basin available per ten children
- hands will be washed after using the toilet and before handling food
- Paper towels will be available and disposed of appropriately when used
- hygiene rules related to bodily fluids will be followed with particular care
- toothbrushes must not be shared
- children with pierced ears will be advised of Ysgol Pen-y-Bryn policy with regard to the wearing of earrings for first six weeks after piercing only
- children with head lice will be admitted to Nursery Plus and Pre Nursery; however advice will be given to parents on treating the whole family. Children will be discouraged, sensitively, from sharing hats, hairdressing equipment etc.

Cleaning and Clearing

- all tables and work surfaces should be thoroughly disinfected before meals and prior to cooking activities
- spills of blood, vomit or excrement should be wiped up and flushed down the toilet.
- rubber gloves and aprons will always be used when cleaning up spills of body fluids.
- floors and other affected surfaces will be disinfected (It is recommended that bleach is not used).
- fabrics contaminated with body fluids will be thoroughly washed in hot water
- spare laundered pants, and other clothing, will be available in case of accidents. Polythene bags will be available in which to wrap soiled garments and will be double bagged.

Food

Nursery Plus and Pre Nursery will observe current legislation regarding food hygiene, registration and training. In particular each adult will: -

Food Hygiene

- attend food hygiene training as required
- wear appropriate clean clothing and wash their hands before handling food
- not be involved in the preparation of food if suffering from any infections/contagious illness or skin trouble
- ensure the kitchen area is free from contamination, e.g. rodents, flies etc.
- use different cleaning cloths for kitchen and toilet areas
- ensure waste is disposed of properly and out of reach of children. Keep a lid on the dustbin and wash hands after using it
- tea towels will be kept scrupulously clean and washed between sessions
- all utensils will be kept clean and stored in a dust-free place, e.g. closed cupboards or drawers
- cracked or chipped china will not be used.

Food Preparation

- all snacks will be planned in advance
- attention will be paid to all dietary requirements including those for medical, cultural, religious reasons and parental choice
- keep perishable food/drink at appropriate temperature (parents to be advised to provide coolbars in lunchboxes)
- ensure food and drink are served at a temperature and consistency which is safe and suitable for consumption
- wash fresh fruit and vegetables thoroughly before use.

Food as an Activity

- when cooking or handling food as an activity ensure that all the above points are complied with.

Toileting

- children will have access to toilet facilities at all times
- children will be accompanied to the toilet as soon as they indicate they wish to go and/or will be changed immediately if they have wet
- help and assistance will be given where needed. Independence will be encouraged when s/he is ready. Privacy will be respected
- children will be taught good hygiene practices such as wiping themselves, flushing the toilet and hand washing etc.
- warm water should be available for children to wash their hands
- water temperature should be controlled.

Illness

- parents/carers will be asked to keep their children at home if they have any infection, and to inform Nursery Plus or Pre Nursery as to the nature of the infection so that the group can alert other parents/carers, and make careful observations of any child who seems unwell
- information regarding exclusion periods for the more common communicable diseases will be made available to parents/carers
- In conjunction with Ysgol Pen y Bryn's policy, parents/carers will be asked not to bring into Nursery Plus or Pre Nursery any child who has been vomiting or had diarrhea until at least 48 hours has elapsed since the last attack
- if the children of staff are unwell, they will not accompany their parents/carers to work in Nursery Plus or Pre Nursery
- cuts or open sores, whether on adults or children, will be covered. It is recommended that sticking plasters are not used unless supplied by a parent

- Nursery Plus and Pre Nursery will ensure that the first aid equipment is kept clean, replenished and replaced as necessary. Sterile items should be kept sealed in packages until needed.

Medication

If a child is on prescribed medication the following procedures should be followed: (in line with Ysgol Pen-Y-Bryn's Medication Policy)

The administration of life saving medication such as insulin/adrenalin may be administered, after consultation with the group's insurance company, under the following conditions:

- a letter is received from the parent/carer giving consent for a named person and a deputy, in case the named person is either out of the room or absent from the group
- the nominated group staff members receive medical instruction and a letter of competency is issued by a member of the medical profession, who is satisfied that the procedure of administration is understood. Nursery Plus and Pre Nursery will keep all letters on file
- Staff who have not been trained, do not under any circumstances administer injections to the children.

Outdoor Play

- children have the opportunity to play in the fresh air throughout the year, either in the group's own outside area or on outings to parks or other community play spaces
- the outside area will be checked thoroughly prior to use and all undesirable objects removed to ensure the health and safety of children and adults
- the outside area will be used to allow children to enjoy gross motor skills and as a learning environment.

General

- no smoking or vaping will be allowed on the premises (either indoors or outdoors) or at any time when accompanying children.

This policy has been reviewed and approved by the Governing Body

Signed: _____

Date: January 2026

Review date: January 2027