Faenol Playgroup CIC

Policy Reference Number:20

Health and hygiene policy and procedure:

Our celebration food policy:

We welcome parents' contributions of specific foods such as a birthday cake. However, we ask that it is shop bought, provided in the original packaging, and within date. This is to ensure we can meet dietary requirements and allergens legislation within our setting.

It is the policy of *Faenol Playgroup CIC* to promote a healthy lifestyle and a high standard of hygiene in our day-to-day work with children and adults.
We do this by:

- Developing and maintaining professional links with (*local, regional, national - describe)* healthcare professionals and information services to obtain relevant and current professional knowledge and practice
- Following the guidance in the *All Wales Guidance for Infection Prevention and Control for Childcare Settings (0 – 5 years)*
- Providing opportunities for parents to discuss health issues with staff when their child starts attending or at any time during operational hours, either informally or formally
- Providing training opportunities for staff and parents in first aid and food preparation safety that meet or exceed regulatory requirements
- Using domestic-strength only cleaning fluids and storing them safely in line with our risk assessment
- Operating an effective policy about children who are ill and have infectious illnesses
- Providing opportunities and activities in day-to-day practice that encourage children in our care to discuss and learn about the benefits of healthy lifestyle choices
- Maintaining an ethos that encourages and enables staff members to model healthy lifestyle choices
- Providing food and snacks that are healthy and wholesome, promoting and extending the children's understanding of a healthy and varied diet
- Planning all meals and snacks in advance, taking account of all dietary requirements including those for medical, cultural, religious reasons and parental choice. https://www.publichealth.hscni.net/sites/default/files/FaithsPosterA2.pdf
- Encouraging children to become independent in dealing with their personal needs

- Maintaining a safe and healthy approach for animals we care for and children's involvement.

The following procedures are in place to limit the spread of infection.

- A box of tissues is available for children to blow and wipe their noses as necessary. Soiled tissues are disposed of hygienically and anti-bacterial gel is available for staff and children to use.
- Children are encouraged to shield their mouths when coughing and sneezing
- Toilet facilities meet or exceed regulatory requirements and potties, trainer seats for toilets, steps, nappy changing facilities and disposable nappies are available as needed
- Hands are washed after using the toilet and before handling food
- Individual hand drying facilities are provided and disposal of paper towels is appropriate
- Arrangements for changing and disposal of nappies / soiled clothes meet environmental health requirements *(contractual nappy disposal and soiled items are double bagged and returned to parents)*
- Staff wear disposable aprons and gloves (which are disposed of appropriately) when changing children
- Staff and any volunteers are aware of how infections are transmitted and training is provided to deal with spillages and bodily fluids
- Personal items such as toothbrushes are not shared
- Children who have pierced ears do not try on or share each other's earrings

- Children with head lice are not excluded; advice about treatment for the whole family is given to all parents
- Tables and work surfaces are cleaned and wiped with an antibacterial product before meals and prior to cooking activities
- Disposable latex gloves and aprons are always used when cleaning spills of body fluids
- Any spillage of blood, vomit or excrement is wiped up and flushed down the toilet and the surface disinfected.
- Any fabric contaminated with body fluids are washed in hot water (minimum temperature 60 degrees)
- Spare clothing is available in case of accidents. Plastic bags are available in which to wrap soiled garments.

Food hygiene – see also our food, drinks and healthy eating policy and procedure.

Faenol Playgroup CIC **ensures the practice of storing, preparing and serving food meets (or exceeds) regulations for a food provider.**

We do this by:

- Requiring identified members of staff to attend food hygiene training
- Meeting requirements set by the Food Standards Agency

Food as an activity - When cooking or handling food as an activity *Faenol Playgroup CIC* takes full account of the above.

Toileting:

- Children who are in nappies are checked regularly and changed immediately if required
- Children have access to toilet facilities at all times. Where appropriate children's, potties, etc are available. Help and assistance is given where needed
- Independence is encouraged and privacy is respected
- Children are accompanied to the toilet as soon as they indicate their need
- Personal care is delivered only by fully checked members of staff
- Children are taught good hygiene practice in relation to their own personal care as they grow to independence
- Warm water and soap are available for children to wash their hands
- Water temperature is controlled
- Toilets, potties, etc. are checked regularly and cleaned/disinfected daily (or according to need)
- Changing mats and related equipment are disinfected after each use.

Illness (see admissions and medication policies):

- Parents are asked to keep their children at home if they have any infection
- Parents are asked to inform the provision about any infection so that prompt attention can be given to other children who may appear unwell
- Information about exclusion periods for the more common communicable diseases is made available to parents:https://phw.nhs.wales/services-and-teams/harp/infection-prevention-and-control/guidance/accordians/docs/recommended-time-to-keep-individuals-away-from-settings-eng/
- Parents of a child who has been vomiting or had diarrhoea are asked not to bring their child in to the provision until at least 48 hours has elapsed since the last attack
- Parents are informed of any outbreak of a significant infectious disease within the provision (in a confidential manner)
- Members of staff whose children are unwell are not permitted to bring their child to the provision.
- All minor injuries, such as cuts or open sores, are covered.

- Sticking plasters are not used unless supplied by a parent in case of a child's allergic reaction.
- *Faenol Playgroup CIC*'s designated first aider ensures that the first aid equipment is kept clean, replenished and replaced as necessary.

Outdoor play and sun safety:

- Children have the opportunity to play in the fresh air throughout the year, either in *Faenol Playgroup CIC*'s own outside area or on outings to parks or other community play spaces.
- A risk assessment of the outside area is carried out prior to children's use at each session.
- Appropriate clothing is worn for all outdoor activities/weather (including sunhats/wet weather clothes)
- Outdoor activities are arranged to avoid sun around midday.
- Parents are asked to supply high factor sun lotion (in the original container) for use by their child and give written consent for staff to apply it.
- Sheltered places are available for use outdoors during sunny days.

This Health and hygiene policy and procedure was passed for use in *Faenol Playgroup CIC*	
On: Original was passed for use on 5/11/19 reviewed and updated 22/5/23	
By: Catherine Lloyd	Position: Manager/Director
Date of planned review: April 24	