



**Maidenbower
Pre-School
Playgroup**

Health and Hygiene Policy

Lead Person Responsible: Janet Noad

Secondary Lead Person Responsible: Cheryl Gouldstone

All staff members hold valid Food Hygiene certificates.

Our playgroup promotes a healthy lifestyle and a high standard of hygiene in its day-to-day work with children and adults. This is achieved as follows:

Health

Food and Drink

- Encourage parents/carers to provide fresh fruit/vegetables for their child to eat at playgroup's snack time.
- 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.
- The playgroup will provide water or milk to all children (milk is stored in the fridge).

Outdoor and Active Play

- Children will have the opportunity to play in the fresh air throughout the year (either in the playgroup's own outside play area or on outings to parks or other community play spaces).
- We ask parents to ensure that the children are dressed in appropriate clothes and footwear, to allow children to enjoy the play equipment safely.
- When the weather is sunny, children are encouraged to wear appropriate clothing.

Premises

- We operate a no smoking policy in the hall and outside play area.

Head Lice

- If head lice are found on a child at playgroup, it is our policy to speak confidentially to the parents/carers on collection or by

phone. We will offer our advice and support if required.

- If the head lice persistently remain untreated, it will be necessary to inform MASH (Multi Agency Safeguarding Hub) under the Child Protection Act 1989/2004/2006.
- Notices will be placed outside to inform parents of any outbreak.

Hygiene

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

Personal Hygiene

- Hands washed with soap and water after using the toilet.
- Children with pierced ears are not allowed to try on or share earrings.
- A box of tissues is available and children are encouraged to blow and wipe their noses when necessary. Soiled tissues disposed of hygienically.
- Children are encouraged to wash their hands after blowing their noses and shield their mouths when coughing.
- Individual paper towels used and disposed of appropriately.
- Hygiene rules related to bodily fluids are followed with particular care and staff and volunteers aware of how infections, including HIV infection, can be transmitted.

Cleaning and Clearing

- Any spills of blood, vomit or excrement wiped up and flushed away down the toilet. Rubber gloves always used when cleaning up spills of body fluids. Floors and other affected surfaces are disinfected according to the manufacturer's instructions. Fabrics contaminated with body fluids thoroughly washed in hot water.
- Spare laundered pants and other clothing are available in case of accidents and polythene bags in which to wrap soiled garments.
- In the event of compromised resources these will be thoroughly disinfected or disposed of.
- Where necessary malleable resources will be disposed of.
- All surfaces cleaned daily with an appropriate cleaner.
- All surfaces cleaned before children have drink and snack time.
- Toys will be cleaned regularly.

Food

The playgroup will observe current legislation regarding food hygiene, registration and training. In particular, each adult will:

- Always wash hands with soap and under running water before handling food and after using the toilet.
- Not be involved with the preparation of food if suffering from any infections/contagious illness or skin trouble.

- Never smoke in the kitchen or any room storing food
- Never cough or sneeze over food.
- Ensure 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 fruits and vegetables before use.
- Tea towels will be scrupulously clean and washed between each session.
- All utensils will be kept clean and stored in a dust free place, e.g. closed cupboard or drawer.
- Cracked or chipped china will not be used.

Earrings

Earrings should conform to the National and County Regulations and Guidelines which state, specifically with regard to earrings, that studs or sleepers only should be worn in playgroup because of the danger of injury to the wearer and to other children.

Useful telephone numbers

Health Protection Agency: 0845 8942944

Public Health England: 0207 6548000