

St Helen's Pre-school Health and Hygiene Policy

St Helen's pre-school aims to promote health and hygiene.

Hygiene

Adults are expected to be aware of, and to maintain, appropriate standards of hygiene at all times.

Tables are cleaned with hot soapy water and anti-bacterial disinfectant.

Cutlery and crockery are washed in hot soapy water and left to air dry.

Tea towels and cleaning cloths are changed daily.

Adults and children are encouraged to wash hands, using clean running water, at appropriate times and to use disposable paper towels for hand drying.

Disposable, protective gloves are available to staff and should always be used to clear bodily fluids etc.

Children are encouraged to dispose of soiled tissues etc, in the bin provided.

No smoking is allowed on the Pre-school premises, including the garden.

Food and Drinks

Eating together plays an important part in the social life of the Pre-school and encourages a healthy approach to food and eating.

Fresh drinking water is available to the children throughout each session.

Semi-skimmed milk is available for snack. The pre-school committee is currently happy to keep to semi-skimmed milk; the current manager supports a move back to full fat milk.

On registration parents should discuss with the manager any dietary needs their child has.

Snacks provided are nutritious, generally fruit/vegetables.

Snacks are washed and cut into manageable pieces for/with the children.

Staff who have attended food handling training are encouraged to share their knowledge of best practice with other staff and with parent helpers.

Snacks are stored in the fridge or in a cool cupboard, as appropriate; milk is stored in the fridge. The temperature of the fridge is checked daily. Milk that is past its best or past its use by date is discarded.

There is insufficient room to store packed lunches in the fridge, parents are encouraged to use insulated lunch boxes.

On Monday afternoons the children come together for a very sociable drink and biscuit, taking turns to count the biscuits and offer them around.

Cooking

Cooking activities support and promote an understanding of healthy eating practices.

Ingredients used are free from additives and excessive quantities of sugar, salt and saturated fats.

Planned cooking activities take into account the dietary requirements of the children attending the session and, over time, aim to introduce children to food from a range of cultures and to show the importance of food to social and cultural life.

Healthy Lifestyle

Children are encouraged to take part in a wide range of activities, enabling them to explore their creativity and interests fully.

The garden is open throughout each session all year round with most activities available outdoors; this encourages children to routinely move around in larger spaces and with more freedom than is available in a confined indoor area.

Children are encouraged to take part in a range of physical activities, both indoors and outdoors.

St Helen's Pre-school has achieved the Healthy Pre-school Award.