



Health and Sickness Policy

Date updated: November 2025

Date of next review: November 2026

The health of your child is very important to us; therefore, the following procedures are strictly followed:

Hygiene

- A quick risk assessment of the premises is carried out each day before the arrival of any children.
- We will ensure that the premises and equipment are always clean.
- We will use antibacterial wipes for both the table and toilet area.
- We will provide children with suitable hand washing facilities
- We will educate children about personal hygiene

Food Hygiene

- We follow strict hygiene practices to prevent contamination.
- All surfaces and cooking equipment will be clean, and hands washed before food preparation.
- We will follow hygiene guidelines on the preparing, cooking, and storing of food.
- Out of date food, partially eaten or used food will be discarded.
- During cooking activities, children will be encouraged to use good hygiene practice.
- All staff preparing and cooking food will complete a food hygiene course.

First Aid

- We are First Aid Trained and have a valid up to date certificates
- A full First Aid Kit is located on the premises; this is checked and re-stocked on a regular basis.
- A travel and Fire First Aid Kits will be carried on all outings.

Sickness

We appreciate that as a working parent you need to be able to go to work. However, if your child is unwell then they will be better cared for in their own home, with a parent. We are happy to care for children with minor coughs and colds but will not care for children who are very unwell, infectious,

or running a high temperature. We have to consider the welfare of all children and staff in our care.

It is natural that children will suffer and spread illness and infection, however through good practice and cleanliness, the extent to which these infections are spread are minimised.

We will promote the good health of children and take positive steps to prevent the spread of infection and appropriate measures when they are ill.

We have a policy on the exclusion of sick children who are ill or infectious and a procedure of contacting parents if the child becomes ill whilst in our care. We will request that children suffering from sickness and/or diarrhoea are not placed in our care until at least 48 hours has elapsed since the last attack.

The **Public Health Authorities and Ofsted** must be notified of any communicable diseases as defined by the Health Protection Agency. <https://www.publichealth.hscni.net/>

Play equipment

Play equipment are kept clean, well maintained and in good repair and in accordance with safety standards. All equipment is checked on a regular basis and any broken equipment will be discarded immediately.

Visual risk assessments will be carried out on activities.

Smoking

We have a NO SMOKING policy.

Wasps and Dogs

In the event of Wasps and Dogs, we will encourage the children to stand still and cross their arms over their chest. If a child is stung or bitten the parents will be informed and medical advice will be sort.

