

PENLLERGAER PRIMARY SCHOOL
HEALTH & HYGIENE POLICY

The United Nations Convention on the Rights of the Child (CRC) is at the heart of our school's planning, policies, practice and ethos. As a rights-respecting school we not only teach about children's rights but also model rights and respect in all relationships - Linked to Articles 6, 24, 27 (CRC)

(This policy should be read in conjunction with our food, drinks, healthy eating and fitness policy).

Our school promotes a healthy lifestyle and a high standard of hygiene in its day-to-day work with children and adults. This is achieved in the following ways:

Health

Food - All snacks provided will be nutritious and pay due attention to children's particular dietary requirements. 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.

Illness - Parents are asked to keep their children at home if they have any infection, and to inform the school as to the nature of the infection so that the school can alert other parents, and make careful observations of any child who seems unwell. Parents are asked not to bring into school any child who has been vomiting or had diarrhoea until at least 48 hours has lapsed since the last attack.

If a child is on prescribed medication the following procedures will be followed:

If possible, the child's parents will administer medicine. If not, then medication must be clearly labelled with child's name, dosage and any instructions. Where local regulations require it, guidance will be sought from social services before people other than parents agree to administer medicines. Written information will be obtained from the parent, giving clear instructions about the dosage, administration of the medication and permission for a member of staff to follow the instructions. . All medications will be kept in a cupboard in the school office. *See Administration of Medicines Policy*

The school will ensure that the first aid equipment is kept clean, replenished and replaced as necessary. Sterile items will be kept sealed in their packages until needed.

Information sources

Parents will have the opportunity to discuss health issues with school staff and will have access to information available to the school. The school will maintain links with health visitors and gather health information and advice from the local health authority services and/or other health agencies.

Hygiene

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

- Personal hygiene
- Hands washed after using the toilet.
- Children are expected to change into PE kits when undertaking physical activity.
- Children with pierced ears are not allowed to try on or share each other's earrings.
- A large box of tissues available and children encouraged to blow and wipe their noses when necessary. Soiled tissues disposed of hygienically.
- Children encouraged to shield their mouths when coughing.
- There are sanitary bins in specific toilets and contracted procedures for disposal.
- Hygiene rules related to bodily fluids followed with particular care and all staff and volunteers aware of how infections, including HIV infection, can be transmitted.

See also School Toilet Policy

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 disinfected using chlorine or iodine bleach diluted according to the manufacturer's instructions. Fabrics contaminated with body fluids thoroughly washed in hot water.

Spare laundered pants, and other clothing, available in case of accidents and polythene bags available in which to wrap soiled garments.

All surfaces cleaned daily with an appropriate cleaner.

Nursery toilets are cleaned twice daily, other toilets across the school are cleaned daily.

Food

The school will observe current legislation regarding food hygiene, registration and training.

In particular, each adult will:

- Always wash hands under running water before handling food and after using the toilet.
- Not be involved with the preparation of food if suffering from any infectious/contagious illness or skin trouble.
- Never smoke in the school grounds.
- Never cough or sneeze over food.
- Use different cleaning cloths for kitchen and toilet areas.
- Prepare raw and cooked food in separate areas.
- Keep food covered and either refrigerated or piping hot.
- 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 fruit and vegetables thoroughly before use.
- Any food or drink that requires heating will be heated immediately prior to serving and not left standing.

Tea towels 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.

Review

This policy will be reviewed bi-annually by the school's senior leadership team or sooner if legislation changes.