

## Children's Health and Wellbeing Policy

The purpose of this policy is to support the health and wellbeing of all children attending Chichester Nursery School in order that they may fully access the curriculum, achieve their potential, and learn about and establish healthy habits for the future. In doing so this policy acknowledges the part played by the Headteacher, the Governors, staff, parents and the children themselves in keeping healthy and adopting healthy lifestyles in the future. This policy should be read in conjunction with the First Aid Policy, the Administering of Medicines & Health Care Plans Policy and the Health and Safety Policy.

### THE RESPONSIBILITY OF PARENTS

Parents hold the prime responsibility for their children's health and it is the Nursery's expectation that parents will:

- Ensure that their child is well enough to attend school
- Take responsibility for getting their child safely to and from Nursery. In addition, it is understood that parents are responsible for their child once they have been handed over by the Keyworker at the end of the session/day
- Abide by the requirement for children to be kept away from Nursery until 48 hours has elapsed from the last episode of diarrhoea and sickness
- Ensure that their child has adequate and appropriate clothing and footwear at all times of the year
- Provide sufficient information about any medical condition, treatment or special care required at school (see the Administering of Medicines & Health Care Plans Policy for matters relating to consent, changes in treatment, provision and disposal of medication etc)
- Notify the school of any incidence of infectious disease in their child or close family members (see infectious diseases below) and comply with recommended absences for specific illnesses as laid down at Annex A
- Apply any necessary suncream to their child prior to the session
- Notify the Nursery promptly of any changes to their contact details
- Understand that generally a child who is not well enough to access both the inside and outside environment is not well enough to be at Nursery

### THE RESPONSIBILITY OF SCHOOL GOVERNORS

- School Governors have general responsibility for this policy, and related policies, and for ensuring that these take into account the views of the Headteacher, all staff and parents. Take overall responsibility for the administration of medicines and their safe storage (see Administration of Medicines policy)

### THE RESPONSIBILITY OF THE HEADTEACHER

It is the responsibility of the Headteacher to:

- Ensure that the school is adequately covered by the correct number of First Aiders and to arrange training as appropriate (see First Aid policy)

- Appoint lead staff in The Administering of Medicines in the Nursery School and Up to 3's Nursery and arrange training as appropriate
- Keep spare inhalers for use if a child's inhaler runs out and to be taken out in the case of the emergency evacuation of the building
- Decide whether to admit a pupil with medical needs, in accordance with the schools admissions policy which embodies the ethos of inclusion
- Agree with parents the level of support the school can provide
- Ensure staff who support pupils with medical needs receive proper support and training as necessary
- Ensure all staff are aware of emergency procedures for each individual child's Health Care Plan
- With Parents' permission if possible, seek advice from the School Health Service, Health visitor, School nurse or GP in matters relating to an individual child's health or welfare
- Take a leading role in ensuring that the curriculum supports children in developing an awareness of healthy and safe practices, particularly relating to hygiene and healthy eating
- Oversee the implementation of this and related policies
- Ensure that parents are aware of this policy

## **RESPONSIBILITIES OF SCHOOL STAFF**

It is the responsibility of the staff to:

- Deliver a curriculum which supports children's understanding of their personal needs, safety issues, hygienic practices and healthy eating
- Understand the nature of needs of specific children and when and where pupil may need extra attention and support
- Undertake training in order to support a child with special medical needs as agreed with the Headteacher
- Be aware of any emergency procedures in relation to specific children
- Report any deterioration in a child's health and wellbeing to the Headteacher and child's keyworker so that parents may be notified at the earliest opportunity
- Administer medicines and first aid where appropriate (as laid down in the First Aid and Administering of Medicines & Health Care Plans policies)

## **RESPONSIBILITIES OF THE CHILDREN**

Through the written curriculum, and with appropriate adult support, children will be encouraged to take responsibility for those things that contribute to their health and wellbeing, such as:

- The adoption of hygienic practices e.g. washing hands after going to the toilet and before eating
- The evaluation of risks and learning safety procedures e.g. the correct way to carry scissors, mopping up water etc
- The ability to modify their clothing to suit different weather conditions and their body temperature
- Learning to recognise signs that they are not well and asking for help. This is particularly important for children with known medical conditions such as asthma and diabetes etc
- (In the case of children with long term illnesses and diseases) becoming involved in their treatment and medication where appropriate

## **PROCEDURES TO LIMIT THE SPREAD OF INFECTIOUS DISEASES**

In order to limit the chances of cross infection and the spread of infectious diseases the following procedures should be adhered to by Nursery staff:

- Spills of bodily fluids (blood, faeces, nasal and eye discharges, saliva and vomit) should be cleaned up immediately. Disposable paper towels should be used initially for vomit, blood and faeces and the 'toilet accident' bucket and mop for urine. The affected area should be wiped thoroughly with disinfectant
- Members of staff must wear disposable gloves when dealing with bodily fluids, and where appropriate, disposable aprons
- Used cleaning materials and protective clothing should be placed in a carrier bag, securely tied and deposited in the yellow bin in the Up to 3s' nappy changing area, or the yellow bin in the toilets adjacent to the Rainbow Room
- Affected clothing should be bagged (or double bagged) to go home (hand washing should not be attempted)

In addition the School will:

- Notify the Health and Safety department of a widespread incidence of diarrhoea and vomiting
- Notify parents if there is any incidence of the following:-  
Chicken pox  
Measles  
German Measles  
Slapped cheek disease  
(these can be particularly serious for vulnerable adults and children)

Parents are reminded that:

- Children should not return to Nursery within 48 hours of a bout of vomiting and diarrhoea
- Children suffering from infectious diseases should be kept at home until there is no risk of infection. The School Office, Health Visitors or NHS direct can advise on required absence times for specific illnesses and diseases (see also the Health Protection Agency list at Annex A).

## **ALLERGIES**

The School is anxious to protect children with allergies. Known allergies are discussed with parents during the initial interview and the information passed to other members of staff and posted on the Allergy Boards (in the kitchen area of the Nursery, the Rainbow room kitchen and the green allergy file in the garden). Special lunches can be ordered for children with special dietary requirements and parents are able to bring in substitutes for nursery milk etc. The School operates a nut free policy.

## **HEADLICE**

It is the responsibility of the Nursery to educate parents as to how head lice can be avoided and how to deal with them if head lice and nits are discovered. Parents will be notified of any reported case of head lice in the Nursery by a notice at the main entrance, reminding them to be particularly vigilant and check their child's hair regularly. The Nursery follows medical guidelines in advising that the best way to eradicate head lice and nits is to shampoo hair, apply liberal quantities of conditioner and to comb hair with a fine toothed nit comb. This procedure should be repeated until all eggs will have hatched and as a precautionary measure at regular intervals thereafter.

## **OTHER POLICIES**

Please now read the First Aid Policy, the Administration of Medicines Policy and the Health and Safety Policy.

**Date:** Autumn 2018

**To be reviewed:** Autumn 2021

# Annex A to Children's Health and Wellbeing Policy

Recommended exclusion times for infectious illnesses as laid down by the Health Protection Agency:

<u>Illness</u>	<u>Recommended period to be kept away from Nursery</u>
Diarrhoea	48 hours from last episode of diarrhoea
Vomiting	48 hours from last episode of vomiting
E.coli/VTEC	Exclusion for young children - Health Protection Unit (HPU) to advise
Typhoid	Exclusion for young children – contact HPU for advice
Dysentery	Exclusion for young children – contact HPU for advice
Flu	Children to be kept at home until recovered
Tuberculosis	Consult HPU
Whooping cough	Five days from starting anti-biotic treatment or 21 days from onset of illness without treatment
Chicken Pox	5 days from onset of rash
German Measles	6 days from onset of rash – female staff maybe vulnerable
Impetigo	Until lesions are healed
Measles	4 days from onset of rash
Ringworm	Until treatment started
Scabies	Child can return after first treatment
Scarlet Fever	24 hours after starting treatment
Slapped Cheek	None – female staff maybe vulnerable
Shingles	Only if rash is weeping and cannot be covered
Diphtheria	Exclusion is important – consult HPU
Glandular Fever	None
Head lice	None
Hepatitis A	Exclusion may be necessary – check with HPU (Exclude until 7 days after onset of jaundice or 7 days after onset of illness if no jaundice)
Hepatitis B and C	None
HIV/Aids	None
Meningitis	None
MRSA	None
Mumps	5 days from the onset of swollen glands
Swine flu	Exclusion from onset of symptoms until recovery and completion of medication
Threadworms	None
Tonsillitis	None
Conjunctivitis	None – if outbreak cluster occurs contact duty room if large number
Hand, Foot and Mouth	None – contact duty room if large number of children affected. Exclusion may be considered in some circumstances.

See “Guidance on Infection Control in Schools and Other Child Care Settings” produced by the Health Protection Agency for guidance on other conditions.