

Sancton Wood School intends to promote a healthy lifestyle to the children in our care.

We aim to achieve our objectives relating to health by:

- Providing refreshments that are nutritious and that observe children's particular dietary requirements (in association with parents).
- Extending the children's understanding of a healthy diet during food preparation activities and providing timetabled outdoor play facilities three times a day.
- Asking parents to keep their children at home if suffering from any infection, and to inform school of the nature of any infections, so that other parents can be alerted if necessary. Children suffering from infections will be kept away from school for periods of time in accordance with current Department of Health guidance.
- Additionally:
  - Any child who has been vomiting and/or has had diarrhoea should be kept away from school until at least 48 hours after the last attack.
  - In the case of any child becoming ill during a school session, and needing to be taken out of school, staff will contact the appropriate parent and request that the child is collected as soon as practicable.
- Prohibiting the unwell children of staff accompanying their parents/carers when working at school.
- Observing the law banning smoking on the premises at all times.
- Ensuring that cuts or open sores on adults or children are covered with sticking plasters or other suitable dressings.
- Observing the procedure outlined in our School Medicines Policy:
  - Encouraging the parent to administer the medicine at home if possible.
  - Ensuring that prescribed medicines brought into school are clearly labelled with the child's name, dosage and instructions, and that written information is provided by the parents, giving clear instructions on dosage and administration, together with permission for a number of staff to follow these instructions.
  - Keeping all medicines in a child-proof cupboard/area inaccessible to children.
  - Maintaining a medication record book, in which will be entered the child's name, the dates and times at which the medicine must be given, the actual dates and times of administration, and the signature of the person who has given each dose of the medicine.

- Ensuring that first aid equipment is kept clean and replaced as necessary.
- Providing the opportunity for families to discuss health issues with school staff, and giving parents access to information available at school.
- Maintaining links with health visitors, and gathering health information and advice from the local health authority and other health agencies.

Hygiene measures implemented to help prevent the spread of infection at school are:

- Ensuring that hands are washed after using the toilet.
- Providing tissues for the children's use and encouraging children to blow and wipe their noses when needed: used tissues are disposed of hygienically.
- Encouraging children to shield their mouth when coughing.
- Providing paper towels for the children's use, and ensuring that used towels are disposed hygienically.
- Following recognised hygiene rules related to bodily fluids, and ensuring that all staff are aware of how infections, including HIV, can be transmitted.
- Ensuring that any spills of blood, vomit or excrement are wiped up and flushed away down the toilet: Rubber gloves will be worn when cleaning up such spills. Affected surfaces will be disinfected using chlorine or iodine bleach diluted according to manufacturer's instructions. Contaminated fabrics will be laundered in hot water.
- Making available spare laundered clothing on case of accidents; soiled garments will be 'doubled bagged' and handed to parent upon collection of child
- Observing current legislation regarding food hygiene, registration and training. In particular, adults will:
  - ❑ Always wash their hands, using detergent, under running water before handling food and after using the toilet.
  - ❑ Not be involved in food preparation if suffering from any infectious/contagious disease or skin trouble.
  - ❑ Never cough or sneeze over food.
  - ❑ Use different cleaning cloths for kitchen and toilet areas.
  - ❑ Prepare raw and cooked food in separate areas.
  - ❑ Ensure waste is disposed properly and out of the reach of children.
  - ❑ Wash fresh fruit and vegetables thoroughly before use.

- ❑ Avoid reheating any food or drink.
- ❑ Keep tea towels scrupulously clean, and washed between each session.
- ❑ Keep all utensils cleaned and stored in a dust-free place.
- ❑ Avoid the use of cracked or chipped china.

**This policy is reviewed annually by the Head.**