

St Josephs Preschool

Health Policy

Medicines

Any child that has a medical condition that requires medicines to be given or treatment to be applied whilst at pre-school requires a permission form to be completed by their parent or carer.

Children's prescribed medication must be stored in its original container, be clearly labelled and inaccessible to the children (stored in the fridge or medicine cupboard)

When parents have given permission, the following must be filled on the medicine form.

- Full name of child and date of birth
- Name of medication and strength
- Who prescribed it?
- Dosage to be given in the setting
- How the medication should be stored and expiry date
- Signature of parent and staff and manager.

After medicine is administered a medicine form will be completed by the staff member administering the medicine and will:

- Date and time
- Dosage
- Staff signature
- Witness signature
- Parents sign at end of day.

Parents must ensure that staff are made aware of any medical issue or condition which may affect their child's wellbeing and/or their ability to take part fully in pre-school activities. They should also discuss with staff any additional support measures or alterations which may need to be put in place.

As a setting we have a policy that we will not administer over the counter medicines such as paracetamol or ibuprofen unless they are prescribed by a doctor. We offer the opportunity for parents to come in during the day to administer the medicines to their child if they feel that this is necessary.

Children on long term medication

A care plan should be completed which covers all aspects of care including role of the keyworker. A risk assessment may be required, stating review dates and procedures for checking the use by dates of medication.

Medication can be added to risk assessments for visits out as appropriate.

Unwell and sick children

As a setting we have a policy statement for when children are unwell and when not to attend preschool. The following common illnesses are:

- Sickness and Diarrhoea - After diarrhoea or vomiting, parents are informed children are not allowed to attend preschool for 48 hours following the last episode
- Chickenpox - when all vesicles have crusted over - normally 1-2 weeks of recovery.
- Ringworm - when the child has received first dose of medication.
- Eye infections - when child has received first dose of medication they can return to preschool
- Impetigo - very contagious. Parents are asked to treat child and have 24 hours away from setting.

St Joseph's preschool will monitor any child that are presenting themselves unwell and will contact parents immediately if child needs collecting. We would advise parents to keep child away from preschool until they are feeling better.

Oral health

The setting provides care for children and promotes health through promoting oral health and hygiene, encouraging healthy eating, healthy snacks. St Joseph's preschool will provide opportunities through various activities to educate parents and children on good oral health. We will also:

- Ensure fresh drinking water is available at all times and easily accessible.
- Sugary drinks are not served.
- Only water and milk are served with morning and afternoon snacks.
- Children are offered healthy nutritious snacks with no added sugar.
- Discourage parents from sending in confectionary as a snack or treat.
- not allow children to bring sweets or chocolate into preschool - this includes birthday celebrations alternative is to send favourite fruit
- Request and monitor that any packed lunches brought to pre school meet the requirements of a healthy diet

Food and Drink

All parents are requested to fill out any special requirements such as allergies, special dietary requirements and preferences before their child attends the setting. A list of all children's dietary requirements is placed into the cupboard in the kitchen for all practitioner's access.

St Joseph's preschool encourage healthy eating and provide a healthy snack of different fruits, salads and vegetables. Children are encouraged to try the free access of snack where they can help themselves to snack and a drink of milk and water.

Water is available all day and is clearly visible for children. We encourage independence for the children and supply open and closed cups to meet every child's needs.

St Joseph's preschool implement healthy lunch boxes and ask parents to send at least one piece of fruit or vegetables into their lunch boxes. We also prohibit foods with high sugar content and any peanut traces. No fizzy drinks, crisps and sweets are allowed.

St Joseph's Preschool will adapt and consider children who have additional needs or sensory processing needs in regards to their diet.

This policy was accepted at a meeting of St Joseph's Preschool Trustees.

Policies will be reviewed each academic year.

This policy will be reviewed sooner if there is a change to legislation or guidance which may affect it.