

## 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 completed 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 state:

- Date and time given
- Dosage given
- Staff signature
- Witness signature
- Parent to sign at the end of session.

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 illness are:

- \* **Sickness and diarrhoea** – parents are asked to keep their child at home for 48 hours following the last episode
- \* **Chickenpox** – your child can return to preschool when all vesicles have crusted over which normally takes 1 to 2 weeks of recovery
- \* **Ringworm** – your child can return to preschool when they have received a first dose of medication
- \* **Eye infections** – your child can return to preschool when they have received a first dose of medication
- \* **Impetigo** – very contagious. Please treat your child's infection and keep them at home for a minimum of 24 hours

St Joseph's preschool will monitor any child that appears unwell and will contact parents immediately if the child needs collecting from pre-school. We would advise parents to keep their child away from preschool until they are feeling better.

## **Oral health**

We have an Oral Health policy which provides care for children and promotes health through oral health practice and hygiene, encouraging healthy eating and providing healthy snacks. St Joseph's Preschool will provide opportunities through various activities to educate parents and children on good oral health. (copy attached Appendix 1)

## **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 available in the kitchen for all practitioners to access.

St Joseph's preschool encourages healthy eating and provides a healthy snack of different fruits, salads and vegetables. Children are encouraged to try the free access of snacks where they can help themselves to a 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 to help themselves and we supply open and closed cups to meet every child's needs.

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

St Joseph's Preschool will adapt and consider our policy in respect of children who have additional needs or sensory processing needs in regard to their diet.

**St Josephs Preschool**

**Health Policy**

This policy was reviewed and adopted at a Trustees meeting held on 11<sup>th</sup> November 2021

Signed by T Hall .....

Name Teresa Hall Role Chairperson

Policies will be reviewed annually or sooner if there is a change in legislation which may affect it.

This policy was reviewed and adopted at a Trustees meeting held on 25/11/2025 .....

Signed by T Hall .....

Name TERESA HALL Role Chairperson .....

Policies will be reviewed annually or sooner if there is a change in legislation which may affect it.

## **Appendix 1**

### **St Joseph's Preschool**

#### **Oral health Policy**

St Joseph's Preschool promotes oral health by encouraging healthy eating, the provision of healthy snacks and tooth brushing.

- Fresh drinking water is always available 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.
- Parents/carers are discouraged from sending in confectionary as a snack or treat.

#### **Where children clean their teeth when at the setting**

- Children are encouraged to brush their teeth as part of the daily routine.
- Each child has their own toothbrush, which is stored individually to prevent accidental contact and cross contamination.
- A small amount of toothpaste is put onto a paper towel before applying to the brush to prevent cross contamination.
- Toothbrushes are cleaned at each session and stations are cleaned with hot soapy water on a weekly basis.
- Toothbrushes are changed every three months and provided by parents/carers.
- Oral hygiene activities are embedded into the preschool routine and planning.
- The setting co-ordinates with local oral health and ensure procedures are reviewed regularly; additional guidance from the local team may be added to this procedure.

**Use of dummies**

- Parents/carers are *advised* to stop using dummies once their child is 12 months old.
- Dummies that are damaged are disposed of and parents/carers are advised.

**Further guidance**

Infant & Toddler Forum: Ten Steps for Healthy Toddlers

[www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/](http://www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/)

This policy was adopted at a Trustees meeting held on 25/11/2025.....

Signed by T Hall.....

Name TERESA HALL..... Role Chairperson.....

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