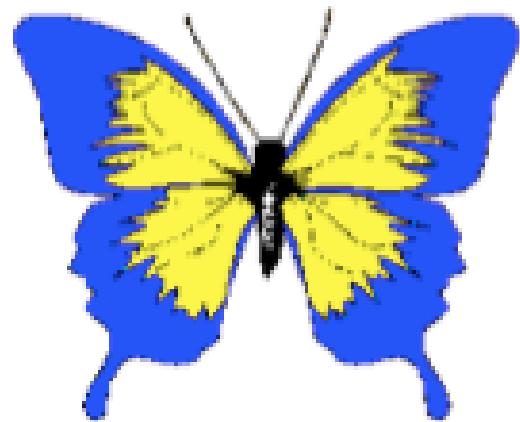


New Monkland Nursery Class



Getting it Right for Every Child

Health and Wellbeing Policy



Written: November 2019

Review: August 2021

Rationale

The positive health and wellbeing of young children is fundamental to their development. Working in partnership with our parents, carers and wider nursery community, we hope to encourage lifelong healthy habits at an early stage. As a nursery, we will ensure children have access to a safe and appropriate place to rest, play and eat.

Aims

- To provide a high standard of care with staff who are qualified in appropriate food and hygiene regulations.
- To incorporate a healthy lifestyle message into our daily activities by promoting the importance of hygiene, diet, exercise, sun safety, rest, general wellbeing and personal safety.
- Work with catering services to provide nutritional food, snacks and drinks each day.
- To work in partnership with parents, carers other agencies and the wider community to reinforce all aspects of a healthy lifestyle.

Role of the Nursery Staff

- Staff should provide a variety of opportunities for children to experience all aspects of a healthy lifestyle in a fun, engaging and expressive way.
- Staff should be sensitive to the individual needs of each child and their personal likes, dislikes or dietary requirements.
- Staff should follow correct procedures when handling food.
- Staff should support children when they require sleep or rest.
- Staff will provide clothing to support outdoor play in line with the weather conditions.

Oral Hygiene Initiative

The nursery is an active participant in the Oral Hygiene Initiative known as Childsmile. Each child in nursery is given the opportunity to take part in this and parents are asked to sign consent forms allowing their child to be included (see Appendix 1). Those taking part are given a toothbrush to use in the nursery and are shown how to correctly brush their teeth. The oral hygienist visits regularly and offers both pupil and parents workshops. Twice yearly, children will also have the option of having a fluoride varnish applied to their teeth. Parents are asked to consent to this and the varnish is applied by the Childsmile team.

Nursery Nutrition

In partnership with Loving Lunches, all nursery children receive a healthy lunch each day. The nursery also provides healthy snack and milk at key times throughout the day and water is made available to the children at all times.

Sun Safety

Young children need special care when they are in the sun and it is important that we take precautions to ensure children are protected from sun damage. The nursery staff have a duty to raise awareness of sun protection and permission from parents should be sought to ensure children have access to sun cream during the nursery day.

At New Monkland Nursery:

- Staff are familiar with the risks of sunburn.
- Staff will provide protective hats throughout the year and particularly during the warmer months.
- Staff will apply nursery sun cream to children **only when written consent has been received.** (*staff may apply an individual child's own sun cream where there is a medical reason to do so and the appropriate medical forms have been completed*)
- Staff will provide shaded areas outdoors.
- Have constant access to fresh drinking water.

Staff will take particular care when children are outside during the hottest months and in particular the hottest period of the day 11am to 3pm. During this period staff and children should, where possible:

- Wear sun hats at all times during sunny periods
- Wear clothing covering shoulders and arms.
- Request parents apply appropriate sun cream before coming to nursery.
- Wear sunglasses with appropriate UV filters (400)
- Ensure sun cream is applied before children are allowed out in the sun.
- Apply sun cream both morning and afternoon.
- Pay particular attention to children who have allergies and skin conditions where they require a particular lotion or application.

Fitness and Health

Children are encouraged to take part in a wide range of exercise and fitness activities. On occasion a fitness instructor may be brought in to work on a special aspect of fitness.

Resources and activities throughout the nursery offer opportunity for physical movement and children also have the opportunity to use the large school gym hall.

Sleep/Rest Periods in Nursery

If a child requires to sleep or rest during their time at nursery, they will be made as comfortable as possible. A rest area will be provided by the nursery, with a mat, pillow and cover.

All sleeping children will be monitored and supervised during their rest period.

On waking, children will be spoken to in a gentle voice and given time to waken before re-entering their learning experience.

Parents should be informed of their child's rest or sleep to allow for care routines at home to be taken into consideration.

SHANARRI Bags

Children have the opportunity in nursery to look at aspects of health and wellbeing through Shanarri bags that are discussed in the nursery and that are also available to all children as a home / nursery link. Children are encouraged to spend time at home looking at the Shanarri indicators and thinking about how they apply to them and their family. This is all recorded in their Learning Journey.

UNCRC Links

Article 3: All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

Article 17: You have the right to get information that is important to your well-being, from radio, newspaper, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and help you find and understand the information you need.

Article 24: You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

Article 31: You have the right to play and rest.

Article 39: You have the right to help if you've been hurt, neglected or badly treated.