



Health Policy

Introduction

Houghton and Wyton Pre-school is committed to promoting the health and well-being of all children, staff, and families. We recognise the vital connection between health and learning and aim to provide an environment that supports physical, emotional, and social health in line with the **Statutory Framework for the EYFS (2023)**.

Aim

To promote and protect the health of children and adults in our setting, and to ensure effective procedures are in place for managing allergies, illness, infection control, medication, and health education.

Objectives

We will:

- Promote healthy lifestyles through routine, food, physical activity, and emotional well-being
- Prevent and manage illness and infection using recognised public health guidance
- Implement clear procedures for managing allergies, first aid, and medication
- Work in partnership with families and healthcare professionals

Roles and Responsibilities

- **Manager:** Ensures implementation of health procedures, risk assessments, and staff training
- **Health and Safety Officer:** Monitors risk assessments and equipment
- **Staff:** Follow hygiene, first aid, and medication procedures; promote healthy habits
- **Parents/Carers:** Inform the setting of health needs, allergies, and changes in condition

Implementation Procedures

1. Promoting Healthy Lifestyles

- Daily routines include outdoor play, physical activity, and rest
- Children are supported to make healthy food choices and learn about handwashing, tissues, hydration, and self-care
- Emotional health is supported through positive relationships, empathy, and behaviour support

2. Infection Control and Illness

- Parents are asked to keep children at home if they are unwell or infectious
- We follow exclusion periods in line with **UK Health Security Agency (UKHSA) and NHS guidance**
- Parents are notified promptly if a child becomes unwell at pre-school
- Surfaces and equipment are cleaned daily using appropriate disinfectants
- Personal protective equipment (PPE) is used where there is a risk of contact with bodily fluids

3. Allergies and Medical Conditions

- Parents must inform the Manager of any known allergies, intolerances, or medical conditions
- An individual healthcare plan is created for each child with a known allergy or chronic condition (e.g. asthma, epilepsy)
- Allergy risk assessments are carried out, and all staff are trained in responding to specific conditions A discreet allergy list is displayed in key areas such as the kitchen and classroom, accessible only to staff
- Emergency medication (e.g. inhalers, EpiPens) is labelled, stored securely but accessibly, and checked regularly
- Staff are trained in use of specialist equipment (e.g. EpiPen) before supporting the child



4. Administering Medication

- Medication is only given with written parental consent and a completed **medication form**
- All medication must be clearly labelled with the child's name and dosage instructions
- A witness is present when medication is administered, and the record is signed See also: Administering Medication Policy for more detailed procedures on storage, authorisation, and documentation
- We do not administer over-the-counter medicines. Only medication that has been prescribed by a healthcare professional and is provided in its original pharmacy packaging with a prescription label will be accepted and administered

5. First Aid

- A qualified paediatric first aider is present at all times
- Accidents and incidents are recorded on an accident form and shared with parents on the same day
- First aid kits are located in:
 - The kitchen (main kit)
 - The pre-school room (compact kit)

6. Complementary Therapies (e.g. Massage and Reflexology)

- These therapies are used as part of our well-being and calming strategies for children who benefit
- Consent is sought from parents before any therapy is offered
- The use of massage is based on individual needs and is carried out with sensitivity and professionalism by trained staff
- Massage is only delivered in safe, visible environments and with clear boundaries

7. Communication with Parents

- We work in partnership with families to support children's health
- Parents are informed of any head bumps, medication given, or symptoms of illness during the day
- Parents are encouraged to provide updates on any health-related issues, including changes in sleep, appetite, or wellbeing

Monitoring and Review

This policy is reviewed annually by the Manager and Board of Trustees or earlier if public health guidance or operational practice changes.

Legislation and Guidance

- Statutory Framework for the EYFS (2023)
- Medicines Act 1968
- Control of Substances Hazardous to Health (COSHH) Regulations 2004
- Health and Safety (First Aid) Regulations 1981
- UKHSA/NHS Guidance on Infection Control in Schools and Childcare Settings
- Food Information Regulations (2014)

Acknowledgment

All staff, volunteers, and parents are expected to read and follow this policy. By doing so, they help create a healthy and safe environment for every child.