



Northern Lights Pre-School & Out of School Club

"Committed to safeguarding and promoting the welfare of children and young people".

First Aid, Healthy Lifestyle & Hygiene Policy

First Aid

In our setting, staff are able to take action to apply first aid treatment in the event of an accident involving a child. All members of staff are Paediatric First aid trained. New staff must complete PFA within their induction period or apprenticeship and must not work alone with children until they have completed this. Staff complete an online refresher first aid training course annually. Staff must complete a staff confidence check attached to the end of this policy to identify areas which require improvement.

- The first aid bags are easily accessible to adults and kept out of children's reach.
- At time of admission parents sign a consent form to give permission for emergency treatment to be given and consent for their child to be taken to the nearest Accident and Emergency department to be examined if needed. The parents will be contacted and informed with the intention that they meet us at hospital.

Managing children with allergies, or who are sick or infectious

We provide care for healthy children and promote health through identifying allergies and preventing contact with the allergenic substance and through preventing cross infection of viruses and bacterial infections.

In the case of a child having a severe allergy to a particular food, all parents are informed not to bring that food into preschool.

Procedures for children with allergies

When parents enrol their child at the setting they are asked if their child suffers from any known allergies.

- This is recorded on the registration form.
- Parents sign a medication form and provide the Emergency Care Plan (ECP) written by the Doctor.
- This information is then passed onto staff in the room.
- Staff are trained to administer medication in the event of an allergic reaction.

Life saving medication & invasive treatments

Adrenaline injections (EpiPens) for anaphylactic shock reactions (caused by allergies to nuts, eggs etc) or invasive treatments such as rectal administration of Diazepam (for epilepsy).

Written consent must be given from either the child's parents or child's doctor or consultant.

Healthy Living

Outdoor Play

Children have plenty of innovative opportunities to engage in a wide range of physical activities and to play in the fresh air through organised local outings outside the pre-school. This promotes children's physical, mental and emotional health and well-being and we ensure that children have enough space to play and opportunities to be outdoors with freedom to explore and be physically active. They also gain a secure understanding about the importance of regular physical exercise as part of maintaining a healthy lifestyle.

Practitioners are aware of current guidance around physical activity, and encourage children to exercise for 180 minutes a day. Practitioners encourage parents to avoid use of pushchair as walking to preschool will contribute to the NHS recommended 180 minutes of exercise for children between 2 and 5 years of age.

Daily Mile

All children are encouraged to take part in the Daily Mile Challenge. Children can choose to walk, run, jog at their own pace. The Daily Mile supports children to take part in regular physical activity.

Free Flow Play

At the Northern Lights Pre-school we implement guidance under movement and space within physical development section of the EYFS to give as much opportunity as possible for children to move freely between indoors and outdoors. We do this by giving the children the choice during free play whether they wish to play indoors or in our sheltered outdoor (Physical development room).

Food

At The Northern Lights we regard snack and meal times as an important part of the pre-school's day. Eating represents a social time for children and adults and helps children to learn about healthy eating, thus making healthy choices about what they eat and drink.

- During meal times and outing we increase our staff to child ratio.
- At snack times we aim to provide nutritious and well-balanced food for all children. Where possible we try to meet individual dietary needs and requirements. For those children who stay for lunch, parents are requested to provide food in adequate quantities and given guidance on foods that are healthy, nutritious and which can be stored safely.
- Before a child starts to attend the setting we find out from parents via the registration form their child's dietary needs and preferences, including any allergies, religious or medical needs.
- Staff give children an opportunity to vote for their favourite snack, from a range of healthy snacks.
- We include foods from the diet of each of the children's cultural backgrounds where possible, providing children with familiar foods and introducing them to new ones.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- We organise meal and snack times so that they are social occasions in which children and staff participate. We use meal and snack times to help children to develop independence through making choices and where possible serving food and drink and feeding themselves, depending on age.
- We provide children with utensils that are appropriate for their age and stage of development.
- We have fresh drinking water available for the children at all times throughout the day and children are provided with milk and water at snack and lunch times.

Sun Safety

We regard Children's safety in the sun as a high priority and take a number of precautions to ensure children are safe on sunny/hot days.

- We apply sun cream (factor 25 or above) regularly to children throughout days where it is hot/ high U. V. index. Sun cream is provided by a child's parents and consent is given to apply it.
- We ensure all children wear suitable hats whenever playing outside.
- We encourage parents to dress their child appropriately for the weather.
- Drinking water is freely available at all times during the day. Staff encourage children to drink water frequently in hot weather.
- Children are kept indoors when the weather is too hot outside and during the midday sun throughout the summer (11.00am-2.00pm)

Hygiene

Hand washing

Children are encouraged to adopt healthy habits and good hygiene practices through daily routines, planned activities and discussions to prevent the spread of germs. Children will be encouraged to wash their hands before snacks and meals and after using the toilet.

- Individual paper towels and anti-bacterial soap is provided
- Tissues are readily available to adults and children at the nursery. We encourage children to blow and wipe their noses and discard tissues in bins provided.
- All children are encouraged to cover their mouths when sneezing or coughing and then to wash their hands.
- Table tops must be cleaned before snack and meal times.
- All children must wash their hands before they participate in cooking or preparing food activities.

Animals in the setting

Children learn about the natural world, its animals and other living creatures as part of the Early Years Foundation Stage Curriculum. This may include contact with animals or other living creatures, either in the setting or on external visits. We aim to ensure that this is in accordance with sensible hygiene, religious requirements and safety controls.

- We take account of the views of parents and children when selecting an animal or creature to keep as a pet in the setting.
- We carry out a risk assessment with a knowledgeable person accounting for any hygiene or safety risks posed by the animal or creature.
- All children and adults must wash their hands after being in contact with the animal or creature.
- Children are taught the correct method of handling and care of the animal or creature and are supervised.
- If animals or creatures are brought in by a visitor to show the children they are the responsibility of the owner.

Cleaning and Clearing

- Disposable gloves are provided and must be worn by staff when clearing up vomit, blood or any bodily fluids. All affected areas must be cleaned with paper towels and disinfected immediately. Contaminated clothing must be removed from the child, placed in plastic bags provided and given to the parents to take home.
- Soiled clothes are removed and rinsed where applicable and placed in bags provided.
- Parents are asked to provide spare clothes and additional spare clothes are kept in case of accidents.

Reviewed September 2022

Next review: September 2023

Staff confidence assessment tool in applying paediatric first aid

This short assessment should be used sensitively and in confidence individually with your staff to determine the level of confidence in all of the subjects of paediatric first aid.

It is intended that this short assessment would then be used to support the setting with staff deployment.

| | 1 least confident | 2 | 3 | 4 | 5 Most Confident |
|---|-------------------------|---|---|---|------------------------|
| 6 Hours Emergency Course Content | | | | | |
| 1a. Be able to assess an emergency situation and prioritise what action to take | | | | | |
| 1b. Help a baby or child who is unresponsive and breathing normally | | | | | |
| 1c. Help a baby or child who is unresponsive and not breathing normally | | | | | |
| 1d. Help a baby or child who is having a seizure; | | | | | |
| 1e. Help a baby or child who is choking | | | | | |
| 1f. Help a baby or child who is bleeding; | | | | | |
| 1g. Help a baby or child who is suffering from shock | | | | | |
| 12 Hours Full Paediatric First Aid Course Content (in addition to the above) | | | | | |
| 2a. Help a baby or child who is suffering from anaphylactic shock | | | | | |
| 2b. Help a baby or child who has had an electric shock; | | | | | |
| 2c. Help a baby or child who has burns or scalds | | | | | |

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| 2d. Help a baby or child who has a suspected fracture | | | | | |
| 2e. Help a baby or child with head, neck or back injuries | | | | | |
| 2f. Help a baby or child who is suspected of being poisoned | | | | | |
| 2g. Help a baby or child with a foreign body in eyes, ears or nose | | | | | |
| 2h. Help a baby or child with an eye injury | | | | | |
| 2i. Help a baby or child with a bite or sting | | | | | |
| 2j. Help a baby or child who is suffering from the effects of extreme heat or cold | | | | | |
| 2k. Help a baby or child having: a diabetic emergency; asthma attack; allergic reaction; meningitis; and/or febrile convulsions | | | | | |
| 2l. Understand the role and responsibilities of the paediatric first aider (including appropriate contents of a first aid box and the need for recording accidents and incidents). | | | | | |

| Can confidence in this area be supported/ overcome? (Yes/No) | If confidence can be supported/ overcome what actions can be taken | Where confidence is low, what considerations should be made to ensure that the practitioner is not vulnerable? | Who will help and by when? |
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