



## **PHOENIX HOUSE MONTESSORI NURSERY SCHOOL**

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### **Health and Hygiene:**

This policy represents the agreed principles for Health and Hygiene throughout the Nursery. All Nursery staff, representing Phoenix Montessori Nursery have agreed this policy.

The staff at Phoenix are required to clean the toys on a weekly basis with Milton and dressing up clothes, rag dolls and materials are to be washed on a monthly basis; to emphasize hygiene.

The nursery is cleaned on a daily basis in the evening by a professional cleaning company; there regime covers class room cleanliness. Emptying of bins and cleaning toilets. There is also a regime for the stairs, banisters, doors and skirting boards are also thoroughly cleaned. Management monitors the settings cleanliness. The nursery has coloured mops for each specific area.

### **Hygiene:**

To prevent the spread of all infection, adults in the group will ensure that the following good practices are observed:

- Personal Hygiene
- Children are encouraged to shield their mouths when coughing
- Paper towels are used and disposed of appropriately
- A large box of tissues is always available and children are encouraged to blow and wipe their noses when necessary and soiled tissues disposed of hygienically; parents are asked to provide wet wipes when teaching the children to wipe their bottoms
- Hands are washed under running water with soap after using the toilet/ before any food preparation and snacks.
- Hygiene rules relating to bodily fluids are followed with particular care and all staff and volunteers aware of how infections including HIV infection, can be transmitted.
- Latex gloves are always used when changing a child's nappy or soiled clothing
- Spare laundered clothing is available in case of accidents; these are kept in the children's personal nursery bags and scented nappy sacks are available in which to wrap soiled garments
- Floors and other affected surfaces are disinfected using cleaning products according to the manufacturer's instructions.
- Fabrics contaminated with body fluids are thoroughly washed in hot water
- All surfaces are cleaned daily with an appropriate cleaner.
- There are suitable hygienic changing facilities for changing any children who are in nappies or have an accident and an adequate supply of spare clothes and any other necessary items are always available.

### **Food:**

Snacks provided will be nutritious and pay due attention to children's particular dietary requirements. We keep an up to date list of any known allergies on the kitchen cupboard and in each class room. When cooking with children as an activity, the adults will ensure the children wash hands with soap under

running water and wear aprons and generally provide healthy, wholesome food, promoting and extending the children's understanding of a healthy diet.

Each adult will:

- Always wash hands under running water with soap before handling food and after using the toilet.
- Not be involved with the preparation of food if suffering from any infectious/ contagious illness or skin trouble.
- Never smoke in the kitchen or any room in the nursery.
- Never cough or sneeze over food.
- Use different cleaning cloths for the kitchen and toilet areas
- Prepare raw and cooked food in separate areas.
- Ensure waste is disposed of properly daily and out of reach of the children.
- Wash fresh fruits and vegetables thoroughly before use.
- Tea towels will be kept scrupulously clean and washed regularly.
- All utensils will be kept clean and stored in a dust free place e.g. closed cupboard or drawer.
- Plastic plates, cups, bowls and cutlery will be used by the children.
- Staff who have had diarrhea or sickness must not prepare drinks or food for the children for 48 hours.

**Injuries/accidents:**

Injuries or accidents that occur within the nursery are recorded on an incident/ accident form which is signed when the parents collect. If thought necessary first aid will be administered and an ambulance will be called.

Revised: February 2017