

**HEALTHY CHILD POLICY AND PROCEDURE**

This policy outlines the guidelines and procedures that Forest Row Community Pre-school staff, parents/ carers are required to follow. This is to support the setting in reducing the spread of infectious viruses and bacterial infections.

Pre-school aged children are prone to colds, respiratory tract, gastro-intestinal and other contagious infections which can spread rapidly through the pre-school setting.

In line with Public Health England there are requirements that the pre-school must meet to ensure the health and safety of the staff and children who attend the setting.

**Guidance to Parents/carers:**

We ask that if your child is unwell (temperature, diarrhoea, vomiting, croup, continuous cough, green discharge from their nose) prior to attending their scheduled session please DO NOT send them into Pre-school. It is important that your child is well enough to attend the setting to get the full benefit of the activities on offer and to reduce the risk of spreading the infection to others.

Unfortunately when children attend the setting unwell it has resulted in the Pre-school experiencing an epidemic which required it to close on guidance from Public Health England.

We ask you to always notify us if your child is sick with the illness/symptoms they are suffering from. Staff will share information of reported contagious illness via our notice boards and via email. This information is especially important for children with immune deficiencies, expectant mothers and others with health conditions.

**Covid-19**

If your child has any of the below symptoms, we request that you keep them off and seek a test for Covid-19 through the government website. Your child must have a PCR test at site, not an at home instant test. If you receive a ‘positive’ result, you must inform us as soon as possible and isolate for the recommended amount of time. If anybody in your household has a positive result, your child will be unable to attend Pre-school for a period of 14 days. If a negative result is achieved, you are required to provide official written evidence of this prior to returning to the setting. Please see the ‘Covid-19 Parent Plan’ for more information.

* Change or loss in taste or smell
* New & persistent cough
* High temperature

**Temperature:**

* If your child has a temperature of 38 degrees or above they must not attend. If they are at the setting and their temperature rises/ becomes uwell, you will be asked to collect as soon as possible. Your child will be asked to stay inside and limit contact with other children to reduce the risk of spread of an infection . Children with a history of febrile convulsions will be sent home at 37.5 degrees in line with medical advice.
* Your child **must not attend** if taking medicine such as paracetamol and ibuprofen that lowers your child's temperature. It is vital that you do not administer these medications prior to attending preschool as we need to know what has been given should we experience an emergency and require urgent medical attention for your child. We need to be able to safely report what medication they have had within the day. If you are unsure whether your child should attend we advise you to contact pre-school prior to attending to seek guidance and advice.
* Your child should only re-attend nursery when they have been fever free without medication for 24 hours.

**Coughs**

* Your child should not attend if suffering from a deep hacking cough, unless a doctor has advised attendance and evidence provided for this.
* Your child should not attend if they are bringing up fluid when coughing.
* Follow guidance for Covid-19 and get your child PCR tested. Official results of this to be provided to pre-school.
* In addition to this please seek medical advice if your child has been coughing for more than three days, has had difficulty breathing or is breathing consistently faster than usual.

**Runny Noses**

* Your child is able to attend pre-school with a clear runny nose that does not require medication, as long as the child is well in themselves and has not been given medication for symptoms.
* Children with **thick green runny noses** (sign of infection) **should not attend** the Pre-School to reduce the risk of this spreading to staff and children who attend the setting.

**Diarrhoea and or vomiting:**

* If your child has diarrhoea or vomiting they **must not** attend the setting. They may return 48 hours after the last episode of sickness/diarrhoea ensuring they are well enough to be in the setting in line with the healthy child policy.

**Antibiotics**

* A child prescribed antibiotics for an illness may not return until **48 hours after the first dose**. This is to ensure the medicine has begun working and to ensure the child suffers no allergic reaction.
* The child must be well enough prior to returning to the setting in line with the Healthy Child Policy.
* Pre-School staff will administer prescribed antibiotics after the initial 48 hours, you will be asked to complete and sign a consent form, as well as signing at the end of the day to the doses and times administered.
* We recommend that you always complete a course of antibiotics as instructed by the medical professional who prescribed these to ensure the infection is treated.

**Head Lice:**

* Whilst not an illness, we do ask that any child with head lice is treated before they return to pre-school. Head lice is very contagious and treatment/removal is the only way to prevent spreading.
* We will report cases on our noticeboard and via email if a case of head lice is reported. We ask that all children are checked by parents when this is displayed.

**Other Infectious illnesses:**

* An in depth chart is displayed in our cloakroom explaining the recommended exclusions periods for many common infectious diseases and illnesses. We ask that you abide by these.
* We also request that if your child is unwell enough to need calpol or other similar medicines they should not attend pre-school.

We will administer medicines such as antihistamines, inhalers and eczema creams when we have received signed written and specific permission from a parent. A form to fill in for this is kept at the cloakroom desk. Please ask the staff member supervising the cloakroom that day for the form when needed.

We also request that all medications are handed to a staff member and not left in children’s bags in line with safe storage/ administration of medication. These medications will be stored in our lockable medicine cabinet, unless they need refrigerating. These medicines will be kept behind our locked kitchen gate.

**If a child becomes unwell during a session:**

* A first-aid-trained member of staff will be responsible for monitoring the child whilst comforting and reassuring them. We will check their temperature if the child is calm and allows staff to obtain this.
* Staff will contact the parents and ask them to come and collect their child as soon as possible. If this is over 30 minutes we will seek to contact other nominated individuals that the parent has identified in their registration pack.
* The child will be allowed to rest in a quiet and safe space away from the other children.
* If the child has a temperature, they will be kept cool by removing top layers of clothing.
* If we are unable to make contact with the parents/carer and/or other nominated individuals during the session then staff will continue to monitor and make the child comfortable, allowing them to rest in a quiet area and offering them appropriate care. We would request further details from the parents/carers on collection as to why no contact could be made. In situations where this is a repeat occurrence with no valid explanation, we would refer to our safeguarding policy.
* If medical assistance is required then the medical services will be contacted as per Accidents & Emergencies Policy.
* Staff will continue to try and contact the child’s parents if they are not successful at first.
* We will also call emergency contacts, though will only allow contacts we have previously met to collect.

**If a child is physically sick then:**

* One member of staff wearing appropriate protective clothing will deal with the child who is sick and start by changing the child’s clothing or cleaning the child if necessary.
* The child should be offered a drink of water.
* Other children will be removed from the direct area while it is cleaned.
* Another member of staff will clean up and disinfect the area.
* The child’s parents will be contacted and arrangements made to collect the child.

|  |  |  |
| --- | --- | --- |
| **Date Updated** | **Reviewed** | **Next Review** |
|  | June 2015 | June 2016 |
| February 2016 |  | February 2017 |
| October 2016 |  | October 2017 |
|  | October 2017 | October 2018 |
| December 2018 |  | December 2019 |
| September 2020 |  | September 2021 |
| September 2021 |  | September 2022 |