

Promoting Good Health

At Raised In we consider the health needs of all children as a priority. We encourage children to be aware of their own needs concerning food, drinks, sleep and hygiene. We encourage independence and promote healthy eating.

Food

At Raised In children are provided with snacks and meals throughout the day at regular intervals. This includes:

- Mid-morning snack: including fruit & milk/water.
- Lunch: a balanced and nutritious two-course meal (see menu).
- Afternoon snack: including fruit & milk/water.
- Tea: a light meal, e.g. sandwiches & vegetable sticks (see menu).

Supply of fresh drinking water

Each child has access to drinking water throughout the day; this encourages them to independently think of their own needs. We do not accept or offer juice or squash drinks.

Exercise

Children take part in a range of physical activities throughout the day both indoors, outdoors and on outings.

Hygiene

At Raised In children learn about the importance of hand washing by washing their hands before they eat food or before they become involved in a cooking activity, after playing in the garden, toileting and nappy changes.

Oral Health

Oral Health is promoted within the nurseries, through activities, conversations and interactive games.

Allergies, medical conditions and dietary needs

It is the parent/carer's responsibility to notify Raised In of any allergies their child may suffer from. It is the responsibility of Raised In's nursery team to be fully aware of each child's individual dietary needs – these are displayed in the kitchen areas and the dining area. A record of allergies, and medical and dietary needs are also kept with the child's records.

Sleep

If required, children can sleep during the day. Each child has an individual cot or sleep mat, with clean linen provided. Sleep mats and mattresses are regularly disinfected. At least one member of the team stays with the children until they are asleep (except children who self-soothe). All sleeping children are monitored through visual checks at least every ten minutes. An electrical baby monitor is used where appropriate, for example, to help Educators hear woken children between the ten-minute checks (see our Safer Sleep Policy for further information).

Dummies

Children who use a dummy can at Raised In nurseries, we recognise that children rely on dummies for the following reasons, sleeping, settling in, being unsettled, unwell, SEND needs and for comfort. We actively work with the parents/carers to encourage purposeful dummy use, as we are aware of the possible effects of long-term dummy use such as unclear speech sounds, reduced communication and the effect on a child's teeth.

Illness and Infectious diseases

If a child is unwell, parents/carers, or the alternative emergency contact person, will be contacted and the child must be collected as soon as possible. The child will not be readmitted to the nursery unless it is deemed by a senior member of the team that the child is well enough to attend nursery.

Parents/carers are requested to notify the nursery as soon as possible if their child is to be absent from the nursery, giving a reason why. All absences from the nursery are recorded. Parents/carers are notified of any infectious diseases through email or displayed on our nursery doors.

If it is thought that a child may be suffering from a notifiable disease (see below), Ofsted and the local environmental health officer will immediately be notified.

Diseases notifiable (to Local Authority Proper Officers) under the Health Protection (Notification) Regulations 2010:

Acute encephalitis, Acute meningitis, Acute poliomyelitis, Acute infectious hepatitis, Anthrax, Botulism, Brucellosis, Cholera, Diphtheria, Enteric fever (typhoid or paratyphoid fever), Food poisoning, Haemolytic Uraemic Syndrome (HUS), Infectious bloody diarrhoea, Invasive group A streptococcal disease and scarlet fever, Legionnaires' Disease, Leprosy, Malaria, Measles, Meningococcal septicaemia, Mumps, Plague, Rabies, Rubella, SARS, Smallpox, Tetanus, Tuberculosis, Typhus, Viral Haemorrhagic Fever (VHF), Whooping cough, Yellow fever, Covid-19.

Signed: Nicola Brimble, Head of Nursery

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This policy links to: Food Preparation Policy, Health, Hygiene & Sickness Policy and Medication Policy