



Day Nursery and Pre-school



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# Helping children to be healthy

Bright Beginnings  
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## Helping a child to be healthy

Hygiene is paramount throughout the Nursery and each room has its own cleaning rota. Toys are also cleaned on a regular basis and the Nursery also has a deep clean every six months.

Children are taught about their own personal hygiene. They are encouraged to wash their hands when using the bathroom and before and after lunch. They also help with washing up in the rooms and all help to tidy and up after themselves. We include personal hygiene in our planning, which helps the children to understand its importance.

We have a resident cook who caters for all the children's dietary requirements.

All staff attend the basic food hygiene training and wear aprons when serving food or working in the kitchen, adhering to all food handling procedures.

The Nursery holds the "Heart Beat" award for providing healthy nourishing meals. These include:

- Breakfast: Cereals and toast on whole-wheat bread
- Morning Snack: Fruit, breadstick, cheese and biscuit
- Lunch: This includes a pudding and the menu changes daily
- Afternoon Snack: Fruit, breadstick, cheese and biscuit
- Dinner: Beans on toast, homemade soup, fish fingers

All foods are freshly prepared on the premises by our cook.

Fresh drinking water is available throughout the day and the children are given sugar free squashes or milk at meal times.



Any details of food allergies that a child may have are supplied on the admission form. These details are then transferred to the care plan for that child and an action plan is made with the Nursery staff including the cook.

All staff in the Nursery are first-aid trained and update their training every three years.

First-aid boxes are checked regularly and supplies replaced when necessary. If a child has an accident, then it is recorded on an accident form. (This is also the procedure if a child hurts another child). These forms will also be completed for bumps or injuries to the head.

We have policies in place, which are in the parents' admission packs, for sick and infectious children. There is also a policy on giving medicines within the Nursery and this is documented on the medicine form.

Our outside sandpits are all covered.

The Nursery has a no smoking policy.