

6.1 General Hygiene and Sanitation

PURPOSE

To share good practice of hygiene and sanitation within the nursery setting.

DEFINITIONS

POLICY STATEMENT

AHBSN has effective and regular checks in place to ensure that the premises are kept safe and hygienic. An outsourced cleansing company fulfill our growing requirements.

The premises are attractive and spacious and maintained to a high standard.

Good hygiene is more than just smelling nice and looking clean, it can also reduce the spread of germs and diseases. Good hygiene affects the health of children and the adults they are around every day, either in nursery or in child care. It's important to teach young children and practice good hygiene habits at nursery as well as at home.

The best way a child can learn something is to incorporate it into their daily schedule. AHBSN works with families to promote this at home and in the setting.

Hand washing: Good hand washing that is practiced frequently can help reduce the spread of illnesses and germs. Always remind children to wash their hands before they eat, after they use the bathroom, play outdoors or touching animals.

Bathing/Showering: Bathing daily provides physical and psychological benefits; it controls the spread of infection and bacteria and improves self-image and confidence as well. Societies, groups and cultures place different levels of importance on bathing. In some places, citizens generally bathe on a daily basis to appear fresh and reduce unpleasant body odors. Experts recommend showering just once each day for maximal benefits.

Teeth/Oral hygiene: Brushing your teeth twice a day and flossing can prevent tooth decay and gum disease. Knowing how to do these things is learned over time and is improved by practice.

Hair Care: A suitable hair length and style such as a ponytail (tied at the back), is a very easy way of minimizing the risk of headlice. These creatures are spread by contact so by reducing the amount of hair available to have contact with others will decrease the chance of transmission.

Hair does not have to be washed daily as this can induce flaking of the scalp, itching and removal of the natural oils. There is no harm in bathing every day, but it is more sensible to wash the hair every other day, using a frequent use shampoo.

Wear fresh/clean clothes:in particular underwear. Dirty clothes can harbor microorganisms, and wearing clothes with these microorganisms on them can lead to skin infections. Body odor is second bad effect which happens because of dirty clothes.

While we are in the cold and flu season, practising good hygiene habits could reduce your chances of catching any illness or disease. Staying healthy is everyone's responsibility.

Toilet Training Policy – Aspen Heights British School Nursery Expectations in Foundation Stage

At Aspen Heights British School Nursery, we expect all children to be fully independent and confident in using the toilet when they start nursery in FS1 (3 year olds) Parents will be asked about toilet training during their child's play session and staff will remind parents to ensure their child is trained before their first day of school. Specifically, this means that:

Children must wear traditional underwear to school, not pull-ups, pampers or nappies.

Children must be able to independently recognise when they need to use the toilet, and get to the toilet in time.

Children must be able to pull clothing and underwear up and down on their own.

Children must be able to clean themselves independently after using the toilet, using toilet paper or the hose provided.

In pre-FS1 (2 year olds) we will work with families to toilet train when appropriate.

Occasional accidents in nursery- FS1

Young children do have occasional toilet accidents and this is recognised by the staff in nursery. We expect children to be able to understand that they have had an accident, acknowledge this and seek out an adult for help. Children will be changed where possible and parents informed at the end of the day.

How will changing children be managed?

Adults will help clean the child up and change them into new clothes (provided by the parent) and place wet or dirty items into a carrier bag to take home. Staff familiar to your child will change them in sight of another adult where possible. If this is not possible the door to the room where the child will be changed will not be closed. Staff will wear latex gloves when changing children.

Regular Accidents in nursery- FS1

When children have accidents, teachers will keep a confidential record of this and inform the parents. If a child has regular accidents (e.g. daily or more than three times weekly) parents will be asked to meet with the Class Teacher, and Nursery Manager where appropriate, to discuss strategies that can be used at home and school to prevent this.

If the child still continues to have regular accidents parents will be asked to meet with the

Nursery Manager to determine whether or not the child is able to use the toilet independently. At this point, teachers and families will work together for a period of two weeks to use strategies to help the child become more confident and able to use the bathroom. During this in-nursery support period, the class teacher, Nursery Manager and the family will liaise to discuss the child's progress. After those 2 weeks parents will be asked to meet with the Nursery Manager again to discuss the child's progress. If little or no progress has been made parents will be asked to keep their child at home for 2 weeks to retrain them. Research has shown that intensive work on this has most impact when carried out in their own home environment.

IMPLEMENTATION DOCUMENTS

Please refer to the following documents to ensure the effective implementation of the policy:

- Toilet training policy
- OSH policy