



## **Promoting Health and Well-Being Policy**

### **Statement**

Our setting recognises that children's health is an integral part of their emotional, mental, social, environmental and spiritual well-being and is supported by attention to these aspects. We promote health, safety and well-being through our practices, policies and procedures. We endeavour to minimise hazards and risks to enable the children at our setting to thrive in a healthy and safe environment. Safeguarding children from harm is a shared responsibility by everyone within the setting.

### **Procedures**

#### **Physical well-being**

All children are different and develop in individual ways and at varying rates. Every area of development - physical, cognitive, linguistic, spiritual, social, and emotional, is equally important. Staff are aware of the different stages of child development and how the effects diet, exercise, environment, sleep, emotion can all affect their development.

Our setting provides a safe, secure, stimulating, supportive environment for all children and do not discriminate against any child or their family on the basis of protected characteristics as defined by the Equalities Act 2010. The importance of hygiene is promoted and children are supported to maintain their own hygiene by such things as washing hands, using a tissue (catch it, kill it, bin it) and covering mouths to reduce spreading germs to others.

#### **Healthy Eating**

Children need a balanced diet that contains foods from all the essential food groups to thrive and grow. Our setting regards snack times as an important part of the settings day. Eating represents a social time for children and adults and allows the children to learn about healthy eating. We promote healthy eating using resources and learning about healthy foods and practices through a wide range of activities. At snack time, we ask parents to provide good quality nutritious food that meets the children's individual dietary needs, through the use of a healthy eating/lunch box policy.

We follow these procedures to promote healthy eating in our setting:

- We record information about each child's dietary needs on their registration form and parents sign this to signify it is correct.
- We regularly consult parents to check the information is correct and current any amendments are made and signed by the parents.
- We provide, along with the parents, nutritious foods for snacks and lunches, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- Fresh drinking water is available throughout the session for children to pour themselves or by an adult should they require it. We promote the importance of hydration especially in the warmer weather.
- Semi-skimmed Milk and water is available at snack time.
- We have visits from the community dentist to support us on the importance of healthy eating.
- We promote healthy eating and children's understanding of the importance of a balanced diet through a variety of practical activities and discussions. Stories, posters and resources enable us to reinforce this on a daily basis.
- We support parents by giving advice as required and displaying literature to promote their knowledge and understanding of a healthy diet and its importance
- All staff receive food hygiene training and refreshers to ensure safe best practice is maintained.

- We supervise children to thoroughly wash their hands with soap and water prior to the having their snack/lunch to promote hygiene ensuring hands are clean and safe from germs minimising possible risks. Educating the children on the importance of hygiene.
- We plan activities that encourage healthy food choices and the role food plays in maintaining health.
- We promote healthy eating to be positive role models that the children will follow and continue to make healthy choices in the future.

### **Supporting parents and families**

- Staff support parents and families by offering advice on areas of concern
- Provide emotional support to those that are emotionally vulnerable and experiencing difficulties such as separation, financial concerns, bereavements and housing problems.
- Liaise with health visitors and local services in order to provide information and support required.
- Inform parents where they can access medical treatment, dentist, mental health support, children's centre services.
- Provide information both verbally and in written format, in different languages/ different sized texts as required to ensure understanding, and inclusivity.
- Providing information on healthy practices such as immunisation and advice on health matters such as chicken pox and head lice
- Ensure parents are aware of the settings policies and procedures including those relating to safeguarding, equal opportunities/inclusion and health and hygiene. Policies are always available for parents to access.
- We take children still in nappies and support the child and parents with toilet training when the child progresses to this stage.

### **Emotional well-being**

- Staff are made aware during induction to the setting of all the settings policies and procedures and ensure they are followed.
- Children's individual needs and requirements are met and their feelings accepted and respected.
- Friendships and team building are encouraged and promoted through daily activities.
- The settings policy on Achieving positive behaviour ensures that children can feel safe and secure as negative attitudes and bullying are dealt with promptly and effectively.
- Children gain a sense of well-being when they are encouraged to take responsibility and join in with activities that interest them.
- The child has a key person allocated to them on induction to provide support and guidance throughout their time in the setting. The key person will help guide them through transition to setting to the one at school, providing emotional support for the parent and child.
- Staff receive training and guidance to ensure they are confident promoting and supporting well-being.
- We provide a supportive network to respond to sensitive issues involving staff, children and adults.
- We ensure staff receive support in professional development, supported through the settings policies and procedures such as health and safety and grievance procedures.

### **Risk Assessment/Safety**

We endeavour to minimise hazards and risks to enable the children at our setting to thrive in a healthy and safe environment. We are aware of the importance of a clean and safe environment.

Our risk assessment process covers adults and children and includes:

- Checking risks/hazards inside and outside.
- Checking activities and procedures for children and adults.
- Understanding what areas need attention.
- Develop an action plan, who will be responsible for actions and when actions will be completed.

- Risk assessment checks are carried out on a daily basis. A detailed and in depth assessment is carried out yearly and more frequently if circumstances require it.
- Medicines and cleaning materials are kept out of children's access. All cleaning products/ chemicals are kept in original containers and Control of Substances Hazardous to Health (COSHH) Regulations records kept.
- Our setting follows the guidelines of the Reporting Injuries, Diseases and Dangerous Occurrences (RIDDOR) for the reporting of accidents and accidents. Safeguarding issues and behavioural incidents between children are not regarded as incidents and separate policies cover these areas.
- The settings Safeguarding/ child protection policies and procedures are adhered to at all times and are always available for parents to access.
- The settings Health and safety policies and procedures are adhered to at all times and are always available for parents to access.
- Staff are aware of fire drill procedures. Fire drills are practised twice a term and children are aware of the importance of this.
- Our setting is strictly a no smoking zone. We offer advice on the effects smoking can have and support parents who are giving up smoking or want advice on where to access help to stop.
- The settings sun protection policies are implemented and are always available for parents to access.

### Legal Framework

- Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR 1995)
- Health and Safety a Work Act.(1974)
- Management of Health and Safety at Work Regulations (1992)
- Control of Substances Hazardous to Health Regulations(COSHH) (2002)
- Regulation (EC)852/2004 of the European Parliament and of the council on the hygiene of foodstuffs
- Protection of Children Act (1999)
- Data Protection Act (1998)
- Children Act (1989) & (2004)
- Safeguarding Children (2010)
- Human Rights Act (1998)
- Equality Act 2010
- Special Educational Needs and Disability Act (2001)
- Managing Risk (2009)

This policy was adopted by

*(name of provider)*

On

*(date)*

Date to be reviewed

*(date)*

Signed on behalf of the provider

Name of signatory

Role of signatory (e.g. chair, director or owner)