



Last Review:	Nov 2025	S Fisher
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Health and Hygiene Policy and Practice

Policy statement

Discoveries Montessori Nursery School promotes a healthy lifestyle and high standard of hygiene. We aim to provide care for healthy children through preventing cross infection of viruses and bacterial infections and promote health through identifying allergies and preventing contact with the allergenic trigger.

Health

Food

- All snacks provided will be varied and will pay attention to the children's dietary requirements.
- Fresh fruit and vegetables will be available each day.
- When cooking with children as an activity, the staff will provide healthy, wholesome food that promotes and extends the children's understanding of a healthy and balanced diet.

Outdoor Play

- Weather permitting, the children will have access to the outdoor environment and will have the opportunity to explore the outside world.
- As well as Discoveries own garden, the children also have the opportunity to explore the playing fields.

Hygiene

To prevent the spread of infection Discoveries will encourage the following good practices:

Personal Hygiene

- Hands are to be washed after using the toilet.
- The children are to wash hands prior to any cooking or preparing any food.
- The children are to wash their hands prior to having snack and following any art activity.
- A box of tissues will always be available to encourage children to blow and wipe their own noses. Soiled tissues will be disposed of hygienically.
- Children are encouraged to shield their mouths whilst coughing and sneezing.
- A soap dispenser will always be available and the children will be shown how to use it.
- Paper towels are used and disposed of appropriately.
- The toilet and kitchen area will be cleaned each day.
- A different coloured cloth will be used for each cleaning activity such as green for toilet area, pink for art and blue for tables and washing up.
- Tables will be cleaned prior to laying the tables for snack.
- Hygiene rules related to bodily fluids will be followed with particular care. Disposable gloves are available and should be worn.

Cleaning and Clearing

- Any spills of blood, vomit or excrement will be wiped and flushed away down the toilet. Disposable gloves are to be worn when cleaning up any body fluids. Floors and other affected surfaces are to be disinfected.
- Soiled clothing is to be wrapped in a polythene bag to be taken home with the child.

Food Hygiene

When preparing food the staff at Discoveries will:

- Always wash their hands under running hot water and with soap prior to handling food and after using the toilet.
- Not be involved with the preparation of food if they are suffering from any infectious/contagious illness or skin trouble.
- Never smoke in the kitchen or any room storing food.
- Never cough or sneeze over food.
- Use different cloths for kitchen, toilet and art activities.
- Prepare raw and cooked food in separate areas.
- Keep food covered and either refrigerated or piping hot.
- Ensure that waste is disposed of properly and out of the reach of the children.
- Wash fruits and vegetables thoroughly.
- All utensils will be kept clean and stored in a dust-free place.
- Cracked or chipped china will not be used.