

# KIA MENA MONTESSORI PRE-SCHOOL

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## Health and Wellbeing Policy

At Kia Mena Montessori Pre-School we ensure that we provide a suitable, clean, and safe place for your child to be cared for. We meet all statutory requirements for promoting health and hygiene and fulfil the criteria for meeting the relevant Early Years Foundation Stage Safeguarding and Welfare requirements.

We promote health through:

- ensuring emergency and first aid treatment is given where necessary.
- ensuring that medicine necessary to maintain health is given correctly and in accordance with legal requirements.
- identifying allergies and preventing contact with the allergenic substance.
- identifying food ingredients that contain recognised allergens and displaying this information for parents.
- promoting health through taking necessary steps to prevent the spread of infection and taking appropriate action when children are ill.
- promoting healthy lifestyle choices through diet and exercise.
- pandemic flu planning or illness outbreak management as per DfE and World Health Organisation (WHO) guidance

### When to Keep Your Child at Home

Minor illnesses, colds and runny noses are so common in many children all year round and each child needs to be assessed on an individual basis as to whether or not they should be attending pre-school. If you are unsure as to what to do, the chart below may help you to make a decision.

Please bear in mind that poorly children would much rather be at home rather than coming to pre-school. If your child is unwell, please do not dose them with Calpol or other medication and send them in. It may mask a temperature and put other families at risk.

SYMPTOM	ADVICE
<p>Does your child have a temperature?</p> <p>37.8°C or above or feels hot to touch on their chest and back if you do not have a thermometer.</p>	<p>Keep your child at home.</p>
<p>Runny nose?</p>	<p>Your child may come to preschool if they feel well enough without medicine. Some children have a persistent runny nose through the colder months. Generally, if the mucus is thick and green/yellow it could suggest an infection of some sort.</p>
<p>Diarrhoea and/or sickness</p>	<p>Please keep your child at home until 48 hours have passed since the last episode of sickness or diarrhoea. Your child should only return after this time has passed and when they feel well enough to do so.</p>
<p>Suspected ear infection/urine infection/tonsillitis</p>	<p>As all these illnesses are generally accompanied by a temperature, we would expect your child to stay home. Your child will need to be seen by a GP to confirm a diagnosis and to prescribe antibiotics if necessary. If they return to preschool but are still feeling tired or unwell we will ask you to come and collect them.</p>
<p>Rash anywhere on face or body</p>	<p>See a GP to have the rash diagnosed. (NOTE If this rash does not fade/disappear under the pressure of a clear drinking glass you must seek urgent medical advice by calling 999) If your GP diagnoses a specific illness please follow the exclusion times for that illness.</p>

## **Oral Health**

Kia Mena promotes oral health and hygiene, encouraging healthy eating, healthy snacks and tooth brushing

We do this by ensuring:

- Fresh drinking water is available at all times and easily accessible.
- Sugary drinks are not served.
- Only water and milk are served with morning and afternoon snacks.
- Children are offered healthy nutritious snacks with no added sugar.
- Parents are discouraged from sending in confectionary as a snack or treat.

This policy will be updated annually  
Next update due: OCTOBER 2025