



## Healthy Living and First Aid Policy

As a setting we promote good health for all children, staff and families.

### Outdoors

Children will have the opportunity to play in the fresh air throughout the year in our setting garden. Children are encouraged to make use of the outdoor facilities throughout the year in order to promote a healthy lifestyle.

### Healthy Food and Drink Policy

The setting's provision of snacks pays attention to each child's particular dietary requirements as shown in the register. We also try to bear in mind individual preferences where we can. Children are offered a choice of fruit and other nutritious food options in order to promote healthy eating. Fresh drinking water is available to all children at all times and their personal water bottles are easily accessible. We regularly remind parents about portion sizes and give ideas of suitable contents for lunchboxes, supporting this with links to government endorsed websites.

We have a fully equipped, hygienic kitchen where the food is prepared and several staff hold Level 2 Food Safety certificates.

### First Aid Policy

At every session there are at least two staff members who hold valid Paediatric First Aid qualifications. They are expected to renew their qualification at least every three years and are supported in doing this. We are currently training up all staff to hold a relevant Paediatric First Aid certificate.

Our Health and Safety Officer is delegated to maintain the first aid equipment and discuss health issues with parents; keeping up to date with current health information.

A folder of incident sheets is kept of all accidents and injuries which occur when the child is at the setting. This ensures confidentiality. Any treatment administered is also recorded. Parents/carers are informed about such accidents and a signature from them is required to acknowledge this.

In cases of serious accidents parents are informed immediately. The setting will notify OFSTED and MASH within 14 days of any serious accidents, illnesses or injuries, or death of a child and will carefully record all actions taken.

Reviewed: Jan 2020

Next Review Date: Jan 2021

Signed: