

Whole preschool policy

Policy One

The daily schedule promotes a relaxed and adequate period for meals and snacks.

- [redacted] will accommodate in our curriculum that all children will have a period of quiet time before children set out to have their meal. This will help the child focus on development tasks of learning how to eat.
- Children will be designated adequate time to eat their meals and snacks in comfort.
- Regular menu of snacks are catered for throughout the day.
- [redacted] will communicate and encourage children at feeding times.

Policy Two

At least 60 minutes of physical activity are scheduled daily for toddlers and pre-schoolers.

- We will ensure that all children will have at least ½ hr. in morning and ½ hr. in evening of outdoor structured play in the day.
- We will ensure that there is at least 60 minutes of unstructured playtime and planned movement experiences both indoor and outdoor in our curriculum.
- A copy of outdoor playtime outside and inside can be seen at any time by parents.
- We have entered the pilot program of Buntas learning through play and are at present training our staff to encourage the program.
- We will ensure there is never more than 60 consecutive minutes of sedentary play.
- We have a fully equipped outdoor and will work on to help improve outdoor play in all areas.

Policy Three

Foods served daily to children will meet the Food and Nutrition Guidelines of preschool will meet all H.A.C.C.P Regulations in our centre.

- We will ensure all meals have the recommended amount of protein carbohydrates fruit and veg from the food pyramid.
- We will ensure all food is cooked fresh daily and meet all H.A.C.C.P standards.
- We will ensure weekly menus are on display for all parents to see.
- We will record children's intake of food daily in their log books which will be sent home at the end of each day.
- We will provide a menu with discussion with the parents about different cultures and traditions with food.

- We will design our curriculum to have food tasting and multi – cultural weeks to share our knowledge with the children.

Policy Four

Food and physical activity are not used as incentives or punishment. Nor do we reward or punish children for what they choose to eat or what they choose as their physical activity.

- Staff will not use food as award system or punishment.
- Children ~~will~~ be encouraged to eat and try new foods.
- Children will receive praise through a pat on the back, sticker or through a rewards chart letting them be the leader in a group activity that day.

Policy five

Children will be encouraged to participate the meal times.

- Children will be encouraged to serves themselves during meals and snacks with adult supervision.
- Furniture and utensils and dishes are all child sizes.
- Children will be encouraged to drink water or milk at meals.
- Fizzy drinks or juice will not be given to children.

Policy six

Children with special needs have meals and physical activity planned with professional and family consultation.

- ~~will ensure~~ will ensure that a meeting is held between the manager and parents of the child with special needs to accommodate all their needs.
- We will encourage and co-operate physical activity discussed and suit to the child's ability.
- We will ensure there is a written description of feeding times and needs from the child's physician before entering care.

Policy seven

Nutrition and physical activity are taught as specific learning objectives and woven into activities throughout the day.

- We will use curriculum based activities throughout the day to ensure all activities and specific areas are discussed.
- Book and food related materials will be done with the children.
- Planned activities, alphabet activities, dramatic play and games will be done.
- Baking and cooking and preparing of food will be encouraged and brought in to the curriculum.
- Television time will be restricted to special occasions.
- All children will be supervised and documented in reports of their daily activities development.

Policy eight

Parents are partners in the task of fostering healthy eating and physical activity habits for children.

- We will encourage parents through healthy eating week to help children see the importance of eating fruit and vegetables daily.
- We will encourage this through different food tasting activities that will involve parent's children and staff.

Policy nine

Sanitation, hygiene and food handling are monitored to assure a healthy eating environment.

- We have made aware to parents that we do not accept food from home to be brought in to share with other children
- We will ensure that there is plenty of awareness of hand washing policy throughout the creche.
- Thorough hand washing with liquid soap for at least 10 seconds using warm, running water is effective in preventing disease transmission.
- Children will be encouraged to hand wash before meals, handling pets, being outdoors and going to the toilet.
- All sinks and accessories are child sized.
- All staff is fully trained in food hygiene courses.
- All equipment is thoroughly cleaned weekly i.e. outdoor toys indoor toys floors walls etc.
- All food handling is done with gloves on aprons hats and aprons at all times.

Policy Ten

Children always have access to safe drinking water and are encouraged to drink water frequently throughout the day.

- All rooms have access to water stations.
- Water is offered throughout the day to children and staff.
- All water is tested by the local county council.

Policy Eleven.

Foods are served at times and in forms to promote dental health.

- We encourage parents to pack healthy lunches.
- We ask for no fizzy drinks or sweets to be sent in to creche.
- We offer only milk and water in the creche at meal times.
- We encourage daily brushing of teeth with the children.
- We organize dentist educational visits in the yearly curriculum.

Policy Twelve

Physical activities equipment and facilities are developmentally appropriate and safe and meet the needs of all children.

- All equipment is safety checked daily and maintenance is carried out regularly.
- Competitions are not encouraged with children through play.
- All outdoor activities are supervised daily.

Health eating for infants.

Breast feeding policy

- We offer a room with privacy for mothers to breast feed their children.
- We will accommodate parents to breast feed their child during meal times.
- We will offer a meeting for parents wishing to breast feed their children and to full fill their expectations.

Formula Feeding.

- We do require parents to have formula feeds prepared daily.
- Bottles will be stored at recommended temp in fridge.
- All bottles to be sterilized by parents.
- We do offer a sterilisation station for use of parents at any time.

Feeding infants.

- Babies will be held and will have a warm physical contact while being fed.
- Babies are not allowed be fed with propped bottles.
- All feeding bottles are to be labelled with child's name and date.
- All formula feeds have to be stored on the shelf in the fridge, not in the door of fridge.
- All bottles have to be warmed in bottle warmer not in microwave.
- All unfinished formula has to be discarded after one hour.
- We will follow as close as they can to the mothers feeding pattern,
- We will always encourage children to drink from lidless cups from 6mths.
- Allow children to use fingers to help them eat.
- Avoid adding foods to children's bottles.
- Avoid adding sugar salt to food
- Avoid using stock cubes packet soups etc.

OUTDOOR PLAY POLICY

At [redacted] we believe that outdoor learning is crucial to children's development for the following reasons;

- Movement is a vital component of play and other forms of learning and requires space.
- Ample experience in running, climbing and balancing is necessary if children are to learn to read and write successfully.
- Some learning can only happen outside.
- Children learn to socialise with different age groups when outside.
- Children get plenty of sun light.

[redacted] will ensure that there is plenty of outdoor play at least ½ an hour in the morn and the same in the evening.

All safety of outdoor equipment is checked daily and all staff is aware of importance of outdoor play.

Hand Washing Policy

Just 4 kids Creche believes that proper hand washing is the most effective way to decrease the spread of communicable diseases. It stops the spread on infection in the center. This policy intends to keep all staff children and parents healthier.

Procedure;

_____ requires all providers to wash their hands at the following times.

- Upon the arrival at the center and before leaving work.
- Before preparing or handling food or feeding children.
- After using the toilet, assisting children with toileting, or changing nappies, even if gloves are used.
- After contact with any body fluids or secretions.
- After handling or caring of pets.
- Before administering any type of medication, or applying ointments or creams.
- After cleaning surfaces or toys.
- Whenever hands are visibly dirty.

All children attending the creche are required to wash their hands;

- Upon arrival and before leaving the centre
- Before and after eating
- After using the toilet or having nappies changed
- Before and after water or play dough play
- After play outside
- After contact with body fluids
- After handling or feeding pets
- When hands are visibly dirty.