

4 Health Policy

Alongside associated procedures in 4.1 to 4.7, this policy was adopted by You and Me Pre-School on 22nd April 2026 by the Committee.

Aim

You and Me Pre-School is a suitable, clean, and safe place for children to be cared for, where they can grow and learn. 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.

Objectives

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.
- Having ongoing discussions with parents/carers to develop allergy action plans for managing individual children's known allergies and intolerances.
- Ensuring that all staff are aware of the symptoms and treatments for allergies and anaphylaxis and that children can develop these at any time.
- Ensuring that all staff know the difference between allergies and intolerances.
- Identifying and promoting health through taking the necessary steps to prevent the spread of infection and taking appropriate action when children are ill.
- Ensuring that children are always in sight and hearing of a staff member, who is a paediatric first aider, whilst eating and the staff member is sat facing the children.
- Recording all choking incidents that requires intervention.
- Promoting healthy lifestyle choices through diet and exercise.

Legal References

[Medicines Act \(1968\)](#)

[Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 \(RIDDOR\)](#)

[Control of Substances Hazardous to Health \(COSHH\) Regulations \(2002\)](#)

[Health and Safety \(First Aid\) Regulations 1981](#)

[Food Information Regulations 2014](#)

[Early Years Foundation Stage 2025](#)

Further Guidance

[Allergy action plan](#)