**Granville Public School Preschool**

**Procedures for Health and Safety**

**Nutrition, food and beverages, dietary requirements**

The Education and Care Services National Regulations (regulation 78) require that all preschool children are exposed to healthy eating practices. Children need a nutritious, balanced daily diet for their continued physical and intellectual development. The preschool program should promote good nutrition and help children and parents to develop good food habits. As part of the educational program staff and children should discuss the relationship between nutrition, physical fitness and good health.

*At Granville Public School Preschool we promote healthy eating habits by:*

* incorporating nutrition information in the educational program
* providing nutritional information to parents
* ensuring that food is not used as a punishment or reward
* ensuring the availability of water at all times
* staff provide a positive and healthy eating environment, acting as role models, maintaining good personal nutrition
* staff follow the Munch and Move nutritional guidelines, incorporating their strategies into their environment, for example lunchbox of the month, providing factsheets to families, and staff keep up skilling themselves by attending Munch and Move professional development sessions

*At Granville Public School Preschool we follow dietary requirements by:*

* Identifying children at the Orientation process that have Dietary requirements
* Keeping records both visually in the food preparation area and within documentation
* Recording individual needs within risk assessment of incursions and excursions
* Staff avoid exposure to known allegiant’s for the child
* Staff aware and abide by the special dietary requirements of children from diverse cultural and religious backgrounds

**Granville Public School Preschool**

**Procedures for Health and Safety**

**Sun Protection**

Children generally attend preschool at a time of day when the UV rating is at its highest. The Education and Care Services National Regulations require preschools to have a sun protection policy.

Regulation 114 states that outdoor spaces must include adequate shaded areas to protect children from overexposure to ultraviolet radiation from the sun.

*At Granville Public School Preschool we:*

* are a SunSmart preschool following the Cancer Council NSW guidelines and requirements.
* provide outdoor spaces that include adequate shaded areas to protect children.
* children are required to wear a legionnaires style/wide brimmed hat at all times while outside. Hats stay at the preschool.
* sunscreen is applied by the children on arrival and reapplied if needed throughout the day, excluding the months of June, July and August.
* sun protection safety is included in the preschool’s learning programs.
* families are notified and informed at Orientation about the preschool’s sun protection procedures. At this time any special requirements their children may have with sun protection (including allergies) are discussed with staff.

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**Procedures for Health and Safety**

**Water safety**

The Education and Care Services National Regulations (regulation 168) state that a health and safety policy which includes water safety is required by all services and a risk management process undertaken (regulation 101).

To provide connectedness with nature and opportunities for exploration, preschools may choose to have mud and/or water features as a part of the outdoor environment.

*At Granville Public School Preschool we:*

* depending on the climate, water play is offered as part of the experiences provided for the children, along with adequate supervision by staff at all times.
* follow the Laurie Lawrence Boo’s Adventure books and videos that address water safety at the beach, at the pool, at the farm and at home.

**Granville Public School Preschool**

**Procedures for Health and Safety**

**Administration of First Aid**

Staff and visitors have easy access to the first aid. Appropriate first aid is provided to any person who is suffering an illness or injury within the environment or during our care. Staff are aware of the whereabouts of the first aid equipment and facilities and the name of the location of the persons who can administer first aid and the procedures that are followed when first aid is required.

*At Granville Public School Preschool:*

* The first aid equipment is located both inside and outside of the preschool (out of the reach of children) where a white cross/green background is displayed.
* Both educators have first aid training.
* We have access to the services of the whole school first aid officer.
* Our two first aid kits are serviced regularly by the school first aid officer.
* A cardiopulmonary resuscitation (CPR) chart for adults and children is kept with the first aid kit and also displayed in prominent positions in the preschool, both inside and outside.