

Quality Area 2

Children's Health and Safety

Ooranga will take every reasonable step to ensure each child's health and wellbeing is supported. In the event of an incident, injury, trauma or illness, first aid will be administered and/or medical attention will be sought where required.

Educators at Ooranga will promote the importance of healthy eating and physical activity to support good nutrition and physical development with the opportunity to learn about healthy lifestyles in everyday routines and experiences.

Ooranga is an advocate for the rights of children to be safe and protected and will ensure adequate supervision and precautions are taken to minimise risk of harm.

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Responsibilities

This policy is to be implemented by all Ooranga staff.

Children's Health

Ooranga staff are made aware of health requirements of individual children through the enrolment process and ongoing communication with families. Educators will cater to children's individual health, hygiene, sleep, rest and relaxation needs and minimise risks of infectious diseases.

Immunisation

From 1 January 2014 under the *NSW Public Health Act 2010*, a child cannot enrol in child care until the appropriate documentation is provided. Documentation required is a current Immunisation Statement (available from the Department of Human Services) or health records identifying a medical reason that the child cannot be immunised.

Preschool educators will maintain immunisation records and display information regarding vaccine preventable diseases to families, including the recommended immunisation schedule. Families will be notified of an infectious outbreak, describing the nature of the illness, incubation period (if relevant) and infection and exclusion periods.

Hygiene and infection control

All staff will maintain a high standard of hygiene to reduce the spread of infectious diseases and support good health. Hygiene practices are embedded into daily preschool programs and maintained at playgroup and in the Toy Library to reduce cross-infection or exposure to substances that may cause infection. For highly contagious infections, exclusion of children from preschool services may be enforced according to public health guidelines.

All staff will model and reinforce health and hygiene practices to encourage children to take more responsibility for their own health and wellbeing.

Medical conditions

All Ooranga educators maintain current First Aid, Asthma and Anaphylaxis and CPR qualifications. For a child with a diagnosed medical condition, educators will obtain a medical management plan from the child's parent/carer. This plan, when implemented by educators, will reduce the risks relating to the individual child's specific health needs. If required, educators will be trained in the management of specific medical conditions.

Healthy Eating and Physical Activity

Nutrition

Ooranga utilises the Australian Dietary Guidelines to develop healthy eating experiences, being considerate of medical conditions and the culture and religion of children attending the service. Families are encouraged to provide healthy options in their child's preschool lunches or playgroup refreshments. Educators will model positive food choices while eating with children. Promotional material regarding healthy food choices are displayed and educators discuss healthy eating with children as part of the preschool program.

Foods that are encouraged for children's lunch boxes include fresh fruit and vegetables, cheese and low sugar yoghurt, plain crackers or popcorn, low sodium breads, wraps or rolls with meat and salad fillings and home cooked savory muffins or vegetable slice. Water is the preferred drink and children are encouraged to bring their own water bottle.

To minimise impacts on cognition, behaviour and physical health, high sugar and salt foods (chips, sweet biscuits, cakes, fruit roll-ups and 'stick-type' foods, muesli bars, dairy desserts and custards) are strongly discouraged at all Ooranga preschools. These types of foods are considered treats and should be kept to a minimum at preschool and playgroup.

Physical Wellbeing

Ooranga educators realise that physical wellbeing contributes to a child's ability to concentrate, cooperate, learn and socialise. Playgroup and preschool programs integrate gross and fine motor experiences into the daily routine to provide opportunities for development in all domains, enabling children to become more independent and confident in doing things on their own.

Child Protection

Supervision

Ooranga will maintain staff to child ratios and provide adequate supervision of children according to regulatory requirements at preschool venues. A minimum of two educators are present at each preschool service at any time.

Children should be supervised by parents/carers during playgroup activities, however educators will monitor experiences and the environment and alert carers of potential risks.

Children should be supervised by parents/carers whilst visiting the Toy Library. The Toy Librarian will alert supervising adults to potential risks within the Toy Library.

Risk Management

Educators will be alert to and aware of potential risks and hazards to children and will seek to minimise any identified risks to protect children from incurring injury whilst at preschool. Educators incorporate regular emergency evacuation practice into the program to assist children to be prepared and calmly respond to an unexpected event.

Incidents and injuries

In the event of serious injury or incident involving a child, staff will administer first aid and monitor the child closely until recovered or until the parent/carer of the child or emergency services arrive. If urgent medical or dental treatment is required, educators will take immediate steps to secure treatment and contact the parent/carer as soon as possible. Parents/carers will be notified both verbally and in writing if their child is injured or involved in an incident at the preschool. In the case of a notifiable incident, the relevant regulatory authority will be contacted within 24 hours.

Mandatory reporting

Our goal is to ensure that every reasonable precaution is taken to protect children being educated and cared for by the service from harm. Ooranga has a responsibility to defend a child's right to care and protection, and ensure their safety, welfare and wellbeing. All Ooranga staff have a legal responsibility to report any children at significant risk of harm.

Ooranga will ensure that all staff understand their legal and ethical obligations and act to protect any child who is at risk of harm. All educators have a current Working with Children Check and are provided with professional development to ensure they understand their roles and responsibilities.

Emergency and Evacuation

It is vital that if an emergency situation arises, it is handled effectively and with consideration for all involved. Supporting children, families, educators and staff in the event of an emergency requires vigilant planning and consistent implementation. Ooranga will undertake risk assessments to identify potential emergencies that are relevant to the organisation and in response, maintain and review emergency and evacuation plans and procedures in consultation with relevant authorities. Practice drills will be conducted regularly during preschool operation to ensure educators and children are aware of responses to potential emergencies.

Related Documents

Other relevant policy documents; Physical Environment Policy, Staffing Arrangements, Relationships with Children Policy, Collaborative Partnerships with Families and Communities Policy, Leadership and Service Management.

Relevant procedures; Nappy Changing, Unwell Children, Accident and Injury, Administration of Medication to Children, Medical Conditions, Sun Protection, Hygiene and Infection Control, Emergency and Evacuation, Water Safety, Excursion, Arrival and Departure, Risk Management, Returned Toys Cleaning Procedure.

Ooranga Preschool Parent Handbook.

National Health and Medical Research Council 2012, *Staying Healthy Preventing infectious diseases in early childhood education and care services*, 5th Edition

Regulatory References: Children (Education and Care Services) Supplementary Provisions Regulation 2019; Education and Care Services National Regulations.

NSW Immunisation Schedule www.health.nsw.gov.au/immunisation

Australian Dietary Guidelines www.eatforhealth.gov.au

Mandatory Reporting Guide www.reporter.childstory.nsw.gov.au/s/

Breach of this policy may lead to disciplinary action, including termination of employment or cancellation of Ooranga membership.