



A lifetime of confidence starts here...

HEALTH POLICY

The health and well-being of all children are our top priorities. This policy outlines the health standards and procedures to ensure a safe and healthy environment for everyone. All parents, guardians, and staff are expected to adhere to the following guidelines to maintain a healthy preschool community.

1. General Health

Parents / Guardians are required to complete all health information on the yearly enrolment forms. Any known medical conditions, allergies, or dietary restrictions should be disclosed. Should any new symptoms or health related information come to light through the year, it should be sent in writing to the principal for record keeping.

Vaccinations

Vaccinations play a critical role in protecting the health and well-being of our children, families and communities. Please ensure your child's vaccination schedules are up to date. Annual flu shots helps reduce the risk of catching the flu and lessens the severity of symptoms if a child does get sick, preventing complications such as pneumonia or hospitalisation.

2. Illness Policy

To prevent the spread of contagious illnesses, children who are sick must stay at home. A child may not attend if they have the following symptoms:

- Fever of 37.8°C (100°F) or higher
- Diarrhoea or vomiting within the last 24 hours
- Unexplained rash or skin infections
- Severe coughing, difficulty breathing, or wheezing
- Red, watery eyes or other signs of conjunctivitis (pink eye)
- Head lice or other contagious infestations
- Any other communicable disease (e.g. chickenpox, measles, coxsackievirus)

Children may return to preschool when they are symptom-free for at least 24 hours or have received a doctor's note stating that they are no longer contagious.

3. Medication Administration

NO ANTIBIOTICS will be administered at school.

If antibiotics were prescribed by a doctor, a child may not return to school within the first 48 hours of the start of the antibiotic course.

If a child requires medication during preschool hours, the following procedures apply:

- A medication authorisation form must be completed by the parent / guardian stating the following, child's name, dosage and other administration instructions. Medicine will be kept in the office.
 - Pain medication will only be administered in case of persistent pain or pain from an injury - written consent from a parent via WhatsApp is needed to authorise the instruction.
- DO NOT leave medication in a child's bag.

4. Allergies and Dietary Restrictions

WE ARE A NUT FREE FACILITY

Parents / Guardians must notify the preschool of any allergies or dietary restrictions in advance. A care plan will be developed for children with severe allergies, and staff will be trained in emergency response procedures, including the use of EpiPens if necessary.

5. Hygiene and Sanitation Practices

- Handwashing: All children and staff are required to wash their hands regularly, especially before eating, after using the restroom and after outdoor play.
- Sanitising: Toys, equipment and surfaces are cleaned and sanitised daily to reduce the risk of illness. Shared items are disinfected frequently.
- Diapering and Toileting: For children who are not yet toilet-trained, proper diapering procedures are followed in a designated area.

6. Emergency Health Procedures

All Hedgerows Staff members are trained in basic first aid and CPR, first aid kits are readily available throughout the facility.

In case of a medical emergency, the following procedures will be followed:

- Parents / Guardians will be contacted immediately. If unavailable, emergency contacts listed on the enrolment form will be called.
- If necessary, the child will be transported to the nearest hospital or medical facility.

7. Health Communication

Parents / guardians are responsible for keeping the preschool informed about their child's health status, including any new diagnoses, medication, or conditions that may affect their participation in day-to-day activities.