Westfield Nursery School
Health & Relationships Policy

Date policy last reviewed: February 2025

Signed by:

_____ Headteacher Date: _____

_____ Chair of governors Date: _____

Updated February 2025
-Added Front page
-Added Contents page
-Added Legal Framework
-Added roles and responsibilities
-Added definitions
-Added a sentence about 'banned' foods
-Added 'hot' meals not provided
-Amalgamated the relationships and sex education statement
-Added sub-headings to hygiene policy including ventilation, changing children, medication, illnesses, cleaning and sneezing
-Updated reference to Keeping Children Safe in Education

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Statement of Intent

At Westfield Nursery we aim to deliver against our vision ‘Inspired beginnings, outstanding futures’.

Effective health and relationship education are essential if young people are to make responsible and well-informed decisions about their lives. The objective of health and relationship education is to help and support young people through their physical, emotional and moral development. We will provide age-appropriate health and relationships education to pupils as part of the school’s curriculum.

The purpose of the health and relationships policy is to:

- Give a clear structure to new and existing staff
- Be child centred whilst making the role of staff clear
- Explain ‘best practice’
- Ensure appropriate health and safety considerations
- Promote continuous improvement

This Policy should be read in conjunction with

- Safeguarding and Child Protection Policy
- Curriculum Teaching and Learning Policy which includes the physical development policy

1. Legal Framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- Section 80A of the Education Act 2002
- Equality Act 2010
- Children and Social Work Act 2017
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- DfE (2021) 'Teaching about relationships, sex and health'
- DfE (2025) 'Keeping children safe in education 2025'

This policy operates in conjunction with the following school policies:

- Safeguarding and Child Protection Policy
- Behaviour Policy
- SEND Policy
- Inclusion Policy
- Pupil Equality, Equity, Diversity and Inclusion Policy

2. Roles and Responsibilities

The governing board will be responsible for:

- Playing an active role in monitoring, developing and reviewing the policy and its implementation in school
- Appointing a link governor
- Ensuring the curriculum is well led, effectively managed and well planned
- Ensuring all pupils make progress in achieving the expected educational outcomes
- Evaluating the quality of provision through regular and effective self-evaluation
- Ensuring all staff receive ongoing training
- Ensuring all staff are up to date with policy changes

The Physical Activity and Nutrition Coordinator (PANCo) is Elizabeth Collins Head teacher Who is responsible for:

- The overall implementation of this policy
- Ensuring parents/ carers are fully informed of this policy
- Reporting to the governing board on the effectiveness of this policy
- Reviewing this policy on an annual basis
- Providing the agreed vocabulary to be used
- Liaising and working in partnership with parents/ carers

Teachers will be responsible for:

- Delivering a high-quality and age-appropriate health and relationships curriculum
- Ensuring they do not express personal views or beliefs
- Modelling positive attitudes to health and relationships

Parents/ carers will be responsible for:

- Supporting their children through their personal development
- Ensuring they are aware of aspects of the curriculum

3. Definitions

"Health education" is defined as teaching pupils about physical health and mental wellbeing, focussing on recognising the link between the two and being able to make healthy lifestyle choices.

"Relationships education" is defined as teaching pupils about healthy, respectful relationships, focussing on family and friendships.

4. Curriculum Principles

We firmly believe in the principles of the Early Years Foundation Stage Curriculum.

Health outcomes cover all aspects of helping children to understand how to live a healthy lifestyle. Including to develop a knowledge and understanding of

- Healthy eating practices
- Healthy exercise practices/ physical activity such as walking, active play and active games
- Oral hygiene practices
- Understanding of need for rest & sleep
- Personal cleanliness & hygiene
- Skills in self-care
- Emotional and mental well-being

See 'I can look after my health, safety and self-care needs' (PD) element of the curriculum.

Please see the physical development policy in the curriculum teaching and learning policy and the 'I can move with confidence in a range of ways' (PD- gross motor) and 'I can use simple tools' (PD- fine motor) elements of the Nursery curriculum.
Relationships education covers attitudes and values, as well as personal & social skills and includes

- The children's understanding of the importance of family life (in all its forms), stable and loving relationships, friendship, respect, love and care
- Naming and managing emotions
- Managing relationships confidently and sensitively
- Developing self-respect and empathy for others
- Learning to make choices and develop an appreciation of the consequences of choices made
- Managing conflict

We introduce the children to the NSPCC pants rule.

See 'I can develop a friendship (PSED)' element of the curriculum.

There are no specific sex education lessons in Nursery, it is a subject which may arise in many curriculum areas throughout the sessions. Questions are answered honestly and appropriately bearing in mind the age of the children and the context in which the discussion arises. This would be discussed with parents/ carers.

5. Staff Training

Staff will be given coaching and/or training to meet their needs. The Head teacher will keep up to date with current practice and will support staff appropriately.

6. Monitoring and Review

We believe the implementation of this policy will best support children and their families understand and develop healthy lifestyles and positive relationships.

This policy is reviewed every year by the headteacher. Any changes to this policy will be communicated to all relevant stakeholders. We evaluate our policy using the following measures:

- Statutory or non-statutory guidance
- The comments made by parents/carers, pupils or visitors
- Monitoring observations by external experts, governors and senior leaders

The scheduled review date for this policy is February 2026.

Westfield Nursery School
Nutrition Policy

Philosophy

At Westfield Nursery we make a commitment to healthy eating and lifestyles in order to ensure both the children who attend, and their families are given the best knowledge available to help them make the right choices that may impact on their health throughout their lives.

Aims

- ✓ To help children and their families understand about the different food choices that, constitute a balanced diet
- ✓ To ensure health and safety
- ✓ To be a good role model
- ✓ To establish healthy eating habits in childhood
- ✓ To meet the Early Years Foundation Stage (EYFS) welfare requirements for the provision of healthy, balanced and nutritious food and drink
- ✓ To encourage children to eat well and learn about healthy food and drink in their early years

Guidelines

- ✓ In the Nursery parents/ carers are encouraged to provide daily fruit or vegetables to share with the class. The snack is usually a variety of fruit and vegetables (washed and chopped) or tooth friendly savoury snacks e.g. bread sticks
- ✓ Children are offered a choice of milk or water to drink at snack time. Drinks will be given in open topped cups or 'Doidy' cups to encourage children to sip their drink where possible
- ✓ Fresh drinking water is always available and accessible. Children are encouraged to help themselves to water
- ✓ Children are encouraged to drink water if they are thirsty. Water quenches thirst does not spoil the appetite and does not damage teeth
- ✓ Children may need more drinks in hot weather or after physical activity as they can dehydrate
- ✓ Snack times are a good opportunity for children to take the responsibility of helping to distribute snacks as well as an opportunity to reinforce good manners and social skills. Adults act as positive role models
- ✓ Children will have their snack, sitting with other children as part of a small group supported by an adult
- ✓ Children under five years should never be left alone while they are eating, in case they choke
- ✓ Cultural, religious and medical needs of individual children will be respected; Parents of children who are on special diets or who suffer any allergies will be asked to provide as much information as possible about suitable food (and may even be asked to provide the food/drink themselves and named clearly). A list of these children will be displayed inside the classroom cupboard door. Where pertinent a confirmed medical diagnosis from a doctor, dietitian or other registered health practitioner will be sought
- ✓ We will share any banned foods for a child's health sensitively
- ✓ Children will be encouraged to touch, taste, talk about and try a variety of different and new foods
- ✓ Children will be given the opportunity to taste the fruit and vegetables they have harvested from the Nursery garden
- ✓ Food will not be used as a reward or punishment
- ✓ Food technology activities are an on-going part of the curriculum provided
- ✓ Food based activities have an emphasis on savoury foods. Sweet foods are taken home to be eaten as part of a meal
- ✓ Fruit and vegetables are washed and sliced. Root vegetables such as carrots should be peeled, topped and tailed and washed
- ✓ When undertaking food-based activities children will follow safe and best practices, for example, learn to wash their hands and wear an apron
- ✓ Wherever food is prepared or served an acceptable level of hygiene is expected. Staff hold food hygiene certificates
- ✓ Perishable food will be stored appropriately. Food stocks should be rotated and food beyond its use by date discarded
- ✓ Milk is stored in the fridge
- ✓ Recommended fridge safe temperature is 37°F (3°C) and 40°F (5°C) and deep freezer 0°F (-18°C). Fridge temperatures are checked and recorded
- ✓ Animals will not be allowed near food preparation areas

- ✓ Children will be allowed to play outside daily to ensure they have an opportunity to be exposed to sunlight, which helps their bodies to make vitamin D

Lunchtime

- ✓ No hot meals are currently offered at the Nursery
- ✓ Children will eat their packed lunch in an allocated area
- ✓ Children will wash their hands before eating lunch
- ✓ Children will sit at appropriate size tables to eat their lunch supervised by an adult (unless having a picnic style meal outside)
- ✓ Adults will sit with the children while they eat and will provide a good role model for healthy eating
- ✓ Lunchtime should be relaxed, fun and encourage an interest in food and promote positive social skills
- ✓ Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat
- ✓ Children will be encouraged to have their drink after their meal, not before as this could fill them up
- ✓ Parents/carers are encouraged to provide a healthy, balanced and nutritious packed lunch. Advice will be given to parents/carers about suitable foods
- ✓ Any uneaten items will be sent home
- ✓ Parents or guardians will be advised if their child is not eating well
- ✓ Fresh drinking water is always available and served in open topped cups
- ✓ Children will not be forced to eat
- ✓ The area where children eat is clean, warm and bright
- ✓ The tables and chairs provided will be clean. Plates and cutlery will be an appropriate size when provided
- ✓ The adults will wear clean aprons and wash their hands and wear gloves appropriately

Celebrations

- ✓ At Westfield Nursery we enjoy a variety of celebrations and festivals e.g. Harvest, Diwali, Christmas, births and birthdays. Food activities can play a part in these
- ✓ Foods for celebrations will have an emphasis on savoury foods, include fruits and vegetables, breads and starchy foods. Food will be free from nuts
- ✓ Water, milk, diluted fruit juice or sugar free squash will be offered to drink at celebration meals. Diluted fruit juice is a useful source of vitamin C
- ✓ Advice will be given to parents of children celebrating birthdays. Non-food items will be encouraged e.g. stickers, snap bands or masks. If parents bring in cake or sweets, they will be sent home with the parents to be eaten as part of a meal
- ✓ Children celebrating birthdays will receive a card from the Nursery and a ‘pretend’ cake will be lit whilst everyone sings happy birthday. Children will also receive a sticker
- ✓ Milk or water will be available for children at fund-raising events

Conclusion

The implementation of this policy will help all children improve their understanding of ‘a healthy diet’ and will help them develop a healthy lifestyle now and in the future.

Policy reviewed – February 2026

Westfield Nursery School
Hygiene Policy

Philosophy

At Westfield Nursery we make a commitment to hygiene in order to ensure health and safety and to help children and their families understand the right choices that may impact on their health throughout their lives.

Aims

- ✓ To ensure health and safety
- ✓ To help children understand the need for good hygiene
- ✓ To be a good role model
- ✓ To implement the health principles and the food hygiene requirements outlined in the Early Years Foundation Stage (EYFS)

Guidelines

Ventilation

- ✓ Classes are expected to keep windows open, air filters on to allow for good ventilation.

Handwashing

- ✓ Children will learn to wash their hands with an appropriate level of support from an adult until they become independent with their self-care
- ✓ Children and adults will be required to wash their hands after going to the toilet, gardening, nappy changing and handling animals, coming in from the garden etc.
- ✓ Soap will be provided
- ✓ Wash your hands frequently for 20 seconds during the day and when appropriate to maintain health and safety
- ✓ Hand washing signs will be on display by sinks as a reminder to children and adults
- ✓ Adults will act as role models

Food hygiene

- ✓ Staff members have undergone food safety and hygiene training
- ✓ Wherever food is stored, prepared or served an acceptable level of hygiene is expected; for example: Food preparation areas, surfaces and utensils will be kept clean, long hair tied back, aprons will be worn, and hands will be washed
- ✓ No hot meals are currently offered at the Nursery
- ✓ Before any snack time, lunchtime or any food related activity children and adults and children will be required to wash and dry their hands. Children will begin to learn and understand the reason why
- ✓ Tables/ clothes are sprayed and cleaned before and after use
- ✓ Cover cuts with a waterproof plaster to prevent spreading bacteria to food
- ✓ When undertaking any food technology activity children and adults will be required to wear a clean apron and wash their hands
- ✓ Adults will follow all the procedures for cleanliness, first aid, health safety, food and hygiene safety etc as stated in the Nursery policies
- ✓ Children are taught basic hygiene such as not eating food that has fallen on the floor, washing their hands with soap and water before eating meals or snacks, and after going to the toilet, gardening or handling animals
- ✓ Through story, group/circle times and in other appropriate ways children will begin to learn about the importance of personal hygiene, such as taking a bath
- ✓ Through story, group/circle times, role play and in other appropriate ways children will begin to learn about the importance of dental hygiene, including how many times to brush teeth, the correct way to brush teeth and for how long to brush teeth

Changing Children

See the Intimate Care Policy

First Aid and Medication

See the First Aid and Medication Policy

Illnesses

We follow guidelines set out by the government and UK health security agency. Guidelines for parents/ carers are explained in the prospectus. We use emergency spill absorbent if children are sick.

Cleaning
Staff ensure the environment is safe, for example sweeping up floor spills. We use a contracted cleaning company Tatry who clean the school each night. They also conduct a deep clean each holiday. See the posters in the utility room for guidance on the use of mops etc. Staff also have named responsibility for some jobs, displayed in the staff kitchen. Staff endeavour to deep clean toys after use and annually. There are two cleaning sprays, clearly labelled- one for classroom use and one for bathroom use.

Sneezing
Tissues are available for adults and children in each room to catch coughs and sneezes. There are catch it, kill it, bin it posters displayed by bins as reminders. Children are encouraged to wash their hands afterwards as required.

Conclusion
The implementation of this policy will give all children a head start in the adoption of good personal hygiene routines as well as an understanding of the reasons why personal hygiene is important.

Policy reviewed February 2025