

# Children's Health and Safety

## Policy statement

Goodstart Early Learning (Goodstart) is committed to ensuring that each child's health and safety needs are met. This includes individual health and comfort requirements, through the implementation of effective hygiene practices to control the spread of infectious diseases, and the prevention and management of injuries and illness and trauma.

Staff at Goodstart will promote the importance of healthy eating and physical activity by ensuring children's nutritional and physical health needs are met and that opportunity for learning about healthy lifestyles underpins everyday routines and experiences.

Goodstart believes that all children have the right to experience quality education and care in an environment that provides for their protection through adequate supervision, safe experiences and environments, and emergency preparedness. Goodstart is committed to ensuring that staff understand their legal and ethical obligation to act to protect any child who is at risk of abuse or neglect.

### What does this policy apply to?

- ▶ **Children's health**
- ▶ **Healthy eating and physical activity**
- ▶ **Protecting children**
- ▶ **Collection and access arrangements for children**

This policy relates to Quality Area 2 of the National Quality Standard

Standard 2.1 Each child's health is promoted.	Element 2.1.1 - Each child's health needs are supported.
	Element 2.1.2 - Each child's comfort is provided for and there are appropriate opportunities to meet each child's need for sleep, rest and relaxation.
	Element 2.1.3 - Effective hygiene practices are promoted and implemented.
	Element 2.1.4 - Steps are taken to control the spread of infectious diseases and to manage injuries and illness, in accordance with recognised guidelines.
Standard 2.2 Healthy eating and physical activity are embedded in the program for children.	Element 2.2.1 - Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child.
	Element 2.2.2 - Physical activity is promoted through planned and spontaneous experiences and is appropriate for each child.
Standard 2.3 Each child is protected.	Element 2.3.1 - Children are adequately supervised at all times.
	Element 2.3.2 - Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury.
	Element 2.3.3 - Plans to effectively manage incidents and emergencies are developed in consultation with relevant authorities, practised and implemented.
	Element 2.3.4 - Educators, co-ordinators and staff members are aware of their roles and responsibilities to respond to every child at risk of abuse or neglect.

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## Children's Health

Goodstart staff are made aware of the health requirements of all children through ongoing communication with families.

Goodstart staff will work with families to complement the routines and activities that are in place at home, at the centre. Staff will identify and cater for each child's individual requirements for routines throughout the day as we recognise that providing for children's individual health, nutrition, sleep, rest and relaxation is fundamental to their wellbeing.

Goodstart staff will maintain high standards of hygiene to help prevent the spread of infectious diseases and ensure good health. Staff will ensure hygiene practices are embedded to reduce the likelihood of children becoming ill due to cross-infection or as a result of exposure to materials, surfaces, body fluids or other substances that may cause infection or illness. This may at times require the need for exclusion of children from the centre to minimise the risk of cross infection.

Within Goodstart centres, children will be encouraged to take a growing responsibility for their own health and physical wellbeing through educators modelling and reinforcing health, nutrition and personal hygiene practices. Routines will provide opportunities for children to learn about health and safety (Early Years Learning Framework, page 32; Framework for School Age Care, page 31).

*Related documents: NQS2 Animals in Centres Requirement; NQS2 Dangerous Animals Procedure; NQS2 Sleep, Rest and Relaxation Requirement; NQS2 Toileting Procedure; NQS2 Nappy Changing Procedure, NQS2 Unwell Children Procedure, NQS2 Administration of Medication to Children Procedure, NQS2 Infection Control Procedure; NQS2 Hand Washing and Gloves Procedure.*

## Healthy Eating and Physical Activity

At Goodstart, we believe that learning about healthy lifestyles, including nutrition and physical fitness, is integral to developing a child's wellbeing and self-confidence.

Goodstart centres will promote opportunities for children to experience a range of healthy foods and to learn about food choices from educators and other children (Early Years Learning Framework, page 30; Framework for School Age Care, page 30).

Goodstart recognises that physical wellbeing contributes to children's ability to socialise, concentrate, cooperate and learn. Staff will provide opportunities during every day routines and experiences for physical activity and attention to fine and gross motor skills to provide children with the foundations for their growing independence and satisfaction in being able to do things for themselves (Early Years Learning Framework, page 30; Framework for School Age Care, page 29).

*Physical activity will be embedded throughout the daily curriculum through both spontaneous and intentionally planned experiences that are both child initiated and educator led. Educators will actively role model to children appropriate physical activity behaviours and may refer to the National Physical Activity Recommendations for children 0-5 years for further information. Related documents: NQS2 Food and Nutrition Requirement; NQS2 Milk Feeding Procedure*

## Protecting Children

Goodstart will ensure that each child's right to be protected and kept safe is upheld.

Goodstart staff will provide adequate supervision of children, to ensure their safety at all times. Staff will be alert to and aware of potential risks and hazards and will seek to minimise these to protect children from harm that may cause potential injury.

Goodstart staff will have plans in place to manage incidents and emergencies to protect adults and children. Local centre plans for the management of emergency situations will assist staff to handle these calmly and effectively, reducing the risk of further harm or damage.

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Goodstart will ensure staff understand their legal and ethical obligations and act to protect any child who is at risk of harm. Goodstart will provide learning and development opportunities to ensure staff are aware of their roles and responsibilities.

*Related documents:*

**1. Incidents, Investigations and Emergency documents:**

*NQS2 Incident Management Procedure; BM6 Investigation Requirement; BM10 Emergency Preparedness and Evacuation Drills - Centres Requirement; BM10 First Aid Kits Requirement; BM10 First Aid Management Requirement; BM10 Managing a Robbery, Hold Up or Threatening Situation Procedure.*

**2. Transport and Travel documents:**

*NQS2 Excursions Procedure; NQS2 Driver Responsibilities Requirement; BM5 Motor Vehicles Requirements; NQS2 Transporting Children Procedure; NQS2 Vehicle Rules Requirement.*

**3. Children's Health and Safety Documents:**

*NQS2 Water Safety Requirement; NQS2 Sun Safety and Heat Stress Procedure; NQS2 Sun Safety and Heat Stress Requirement; NQS2 Child Safe Environment Requirement; BM10 Poisonous Plants Requirement.*

**4. Child Protection Documents:**

*NQS2 Collection of Children Procedure; NQS2 Supervision Requirement; NQS2 Visitors to the Centre Procedure; NQS2 Workplace Misconduct Involving Child Harm Procedure, NQS2 Protecting Children from Significant Harm Procedure (External), NQS2 Children's Sexualised Behaviours Procedure.*

**5. General Health and Safety Documents:**

*BM10 Workplace Health and Safety Policy; BM10 Electrical Safety Requirement; BM10 Health and Safety Monthly Centre Inspection and Consultation Procedure.*

**Collection and access arrangements for children**

To promote the safety and wellbeing of children, families and Centre employees, Goodstart endeavours, where reasonable, to comply with court orders, parenting plans and other written agreements for the collection of, and access to, children.

*Related Documents: NQS2 Collection of Children Procedure*

**Definitions**

**Emergency:** An incident, situation or event where there is an imminent or severe risk to the health safety and wellbeing of an person present at the centre.

**Incident:** An event with an adverse outcome.

- defined by something that happened in a moment in time
- may be reported but not triggered by a complaint

**Incident Management:** Process to mitigate risk, identify learnings and strategically manage incidents through to closure.

**Responsibilities**

This policy is to be implemented by: All Staff.

Document Author: Tara Harnett, Quality Manager, Quality

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