

Learning in Nature CIC & Beccles Forest Schools



Health and Medication Policy

Safeguarding and Welfare Requirement:

3.51 Providers must promote the good health, including the oral health, of the children they look after. **3.52** They must have a procedure, which must be discussed with parents and/or carers, for taking appropriate action if children are ill or infectious. This procedure must also cover the necessary steps to prevent the spread of infection

This policy was adopted by:	Learning in Nature CIC & Beccles Forest Schools
Date of adoption:	4th August 2025
Date to be reviewed:	4th August 2026
Signed, on behalf of the provider:	
Name of signatory:	Rach Whitwood
Role of signatory:	Co-Director

Learning in Nature CIC & Beccles Forest Schools

Old School House, Barsham, Beccles, Suffolk, NR34 8HA

Company Number: 11747933

Ofsted URN: 2610910 Setting ref: 2610909



Policy Statement

At Beccles Forest Schools, we promote the good health of all children attending and take necessary steps to support children who become ill through maintaining good hygiene standards and reducing the chances of infection being spread.

We follow the guidance given to us by Public Health England and take advice from our local health protection unit on exclusion times for specific illnesses, e.g., sickness and diarrhoea, measles and chickenpox, to protect other children in our setting. We check regularly (and when appropriate) for updates in relation to infection control for specific illnesses.

Please see Appendices for the legal framework and definitions upon which this policy is written.

Procedures

We request collection of a child in the following circumstances:

- If it is felt by the Leader that keeping a child within the setting would be detrimental to them, other children or staff
- If a child's temperature is above 38°C degrees
- If a child has sickness or diarrhoea

Should a child have an infectious disease, such as sickness and diarrhoea, they must not return to the setting until they have been clear for at least 48 hours.

We notify Ofsted & RIDDOR as soon as possible and in all cases within 14 days of the incident where we have any child or staff member with food poisoning.

We inform all parents if there is a contagious infection identified in the nursery, to enable them to spot the early signs of this illness. We thoroughly clean and sterilise all equipment and resources that may have come into contact with a contagious child to reduce the spread of infection.

In the event of having a condition requiring antibiotics, we exclude all children on antibiotics for the first 48 hours of the course (unless this is part of an ongoing care plan to treat individual medical conditions, e.g., asthma, and the child is not unwell). This is because it is important that children are not subjected to the rigours of the Forest School day, which requires socialising with other children and being part of a group setting, when they have first become ill and require a course of antibiotics.

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If a parent finds that their child has head lice we will ask them if they could inform the setting so that other parents can be alerted to check their child's hair. We reserve the right to send children home for treatment if deemed necessary.

Children with an infectious illness or disease are not permitted to attend the setting. Parents/carers must inform us if a child has an infectious illness such as conjunctivitis, chicken pox, impetigo or hand, foot and mouth in order that measures and precautions may be taken, as well as ensuring that other parents are informed.

Meningitis procedure

If a parent informs the setting that their child has meningitis, the manager will contact the Infection Control (IC) Nurse for their area.

UKHSA East of England Health Protection Team

EastofEnglandHPT@ukhsa.gov.uk

Telephone: 0300 303 8537

The IC Nurse will give guidance and support in each individual case. If parents do not inform the setting, we will be contacted directly by the IC Nurse and the appropriate support will be given. We will follow all guidance given and notify any of the appropriate authorities including Ofsted and RIDDOR if necessary.

Children becoming ill whilst at Beccles Forest Schools

In the event of a child becoming ill whilst at Beccles Forest Schools the managers will make a decision based on the individual circumstances, this may involve asking parents to collect, ambulance being called or implementing close monitoring.

Transporting children to hospital procedure

The manager on duty must:

- Call for an ambulance immediately if the illness is severe. We will NOT attempt to transport the ill child in our own vehicle.
- Whilst waiting for the ambulance, we will contact the parents or carers and arrange to meet them at the hospital.
- Redeploy staff if necessary, to ensure there is adequate staff to care for the remaining children. This may mean temporarily grouping the children together and calling a member of staff from the bank staff list.

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- Arrange for the most appropriate member of staff to accompany the child, taking with them any relevant information such as registration forms, relevant medication sheets, medication and the child's comforter.
- Remain calm at all times. Children who witness an incident may well be affected by it and may need lots of cuddles and reassurance. Staff may also require additional support following the accident.

Managing High Temperature Procedure

If it is suspected that a child has a temperature, their temperature will be taken by thermometer gun. The manager will consider factors such as sleep, eating, general outside temperature and clothing as indicators of a rising temperature. The results will be checked by the manager. A decision will be made whether to continue monitoring (recording on given template form) or sending the child home. The manager will decide how often the temperature needs checking and recording.

For temperatures between 37.5°C -38°C, the manager will advise removing layers of clothing slowly over time and not exposing the child to extremes of temperature, i.e., we will not strip all clothing immediately. The temperature will continue to be monitored.

In the event the temperature is in excess of 38°C, the manager will contact the parents for the child to be collected immediately.

In all the above cases:

- The Health and Medication Policy will be referred to
- Children will be offered and encouraged to drink fluids and will be given food if they ask for it
- The manager will look out for signs of dehydration
- The manager will look for signs of a rash, high pitched crying and any other unusual behaviours

In the event that a child's condition deteriorates and contact with the parent or other emergency contact cannot be made, the manager will follow first aid procedures and may call NHS 111 service or 999. This will be followed by continuing attempts to contact the parents.

In the event that a child comes into the setting and the parent informs us their child has had a temperature, their temperature will be checked (before they join the rest of the group) while the parent is present, and a collective decision will be made between management and parent.

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Infection Control

Viruses and infections can be easily passed from person to person by breathing in air containing the virus which is produced when an infected person talks, coughs or sneezes. It can also spread through hand and face contact after touching a person or surface contaminated with viruses. We follow the guidance below to prevent a virus or infection from moving around the children.

Our staff will:

- Encourage all children to use tissues when coughing and sneezing to catch germs
- Ensure all tissues are disposed of in a hygienic way and all children and staff wash their hands once the tissue is disposed of
- Develop children's understanding of the above and the need for good hygiene procedures in helping them to stay healthy
- Clean toilets at least daily and check them throughout the day
- Remind children to wash their hands with soap before and after eating, after visiting the toilet or being in contact with any animal and explain the reasons for this
- Clean all equipment and resources on a regular basis by following a comprehensive cleaning rota with antibacterial spray and thorough washing with washing up liquid
- Wash or clean all equipment used by babies and toddlers when the children have placed it in their mouth

Management will ensure stocks of tissues, hand washing equipment, cleaning materials and sterilising fluid are maintained at all times and increased during the winter months or when flu and cold germs are circulating.

Ongoing Commitment to Keeping Children Safe

At Beccles Forest Schools, keeping children and adults safe is our primary concern. We regularly review our health policies to ensure we take the most effective approach to illness and infection control.

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Appendices

Appendix 1: Statutory Guidance and Legal Frameworks

The Control of Substances Hazardous to Health Regulations (2002) Available at <https://www.legislation.gov.uk/uksi/2002/2677/regulation/7/made> (Accessed 4th August 2025)

Department for Education (2024) *Early Years Foundation Stage Statutory Framework for group and school based providers*, Available at https://assets.publishing.service.gov.uk/media/65aa5e42ed27ca001327b2c7/EYFS_statutory_framework_for_group_and_school_based_providers.pdf (Accessed 4th August 2025)

Early Years Alliance (n.d.) *Controlling infection in your early years setting*, Available at <https://www.eyalliance.org.uk/controlling-infection-your-early-years-setting> (Accessed 4th August 2025)

Health and Safety at Work Etc. Act (1974) Available at <https://www.legislation.gov.uk/ukpga/1974/37/contents> (Accessed 4th August 2025)

The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (2013) Available at <https://www.legislation.gov.uk/uksi/2013/1471/contents/made> (Accessed 4th August 2025)

UK Health Security Agency (2025) *Health protection in children and young people settings, including education*, Available at <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities> (Accessed 4th August 2025)

UK Health Security Agency (2025) *Children and young people settings: tools and resources*, Available at <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/children-and-young-people-settings-tools-and-resources> (Accessed 4th August 2025)