

# École Française de Bristol



## Pupil Personal Hygiene Policy

<b>Last review date:</b>	<b>February 2023</b>
<b>Next review date:</b>	<b>February 2024</b>

## **Introduction**

The purpose of this policy is to protect the health of the school community and help pupils manage their own personal hygiene routines.

## **Definitions**

### ***Personal hygiene***

Personal hygiene is the action, habit or practice of keeping oneself clean, especially as a means of maintaining good health. The practice of personal hygiene can also protect the health of others.

### ***Hand hygiene***

Hand Hygiene is a general term referring to any action of hand cleansing. It includes hand washing with soap and water and the use of antimicrobial hand rubs (for example, alcohol-based hand rub).

### ***Menstrual hygiene management***

Menstrual hygiene management can be described as the practice of adolescent girls and women using clean materials to absorb/collect blood that can be changed in privacy as often as necessary when they have their menstrual period. A helpful leaflet is available in the girls toilet (Periods”).

## **Sanitary provision**

- We will have onsite emergency sanitary supplies as appropriate for the age range that we cater for. These will be stored near to the first aid box in the nursery classroom and also in the office.
- The staff team needs to be aware that girls may start their periods during School time and need to deal with this in a sensitive and appropriate way.
- If this is a girl's first period, give her a towel from the first aid box, not tampons. Allow her to tell you what she knows. If she does not know the reason for her bleeding, then reassure her about what is happening.

We will help girls manage their menstrual hygiene: provide information sensitively, give information about the use of sanitary items, provide a change of clothes, as necessary.

Information can be shared to help girls understand and deal with their periods:

<https://www.nhs.uk/conditions/periods/starting-periods/>

<https://www.schoolhealth.cnw1.nhs.uk/primary-school-children/health-and-wellbeing-zone/periods/>

[https://content.twinkl.co.uk/resource/fc/62/t-s-3985a-changing-my-pad-social-situation-a4\\_ver\\_1.pdf?\\_\\_token\\_\\_=exp=1668619147~acl=%2Fresource%2Ffc%2F62%2Ft-s-3985a-changing-my-pad-social-situation-a4\\_ver\\_1.pdf%2A~hmac=1ff588f79a65b1177a439c5e4c31c512b25f41a97d09d80e9fe5f9e9bb71d3af](https://content.twinkl.co.uk/resource/fc/62/t-s-3985a-changing-my-pad-social-situation-a4_ver_1.pdf?__token__=exp=1668619147~acl=%2Fresource%2Ffc%2F62%2Ft-s-3985a-changing-my-pad-social-situation-a4_ver_1.pdf%2A~hmac=1ff588f79a65b1177a439c5e4c31c512b25f41a97d09d80e9fe5f9e9bb71d3af)

**The school provides:**

***Consumables***

- Liquid soap via dispensers
- Paper towels for hand drying
- Hydroalcoholic gel
- Sanitary pads (office/adult toilets/ girls toilets)

***Hand hygiene education***

The School incorporates hand hygiene education into the curriculum and daily school activities to maximise opportunities for students to develop personal hygiene practices.

Alongside this, visual supports are provided: posters showing how to properly wash and dry hands and dispose of paper towels.

The handwashing song is used for the younger children.

Hand hygiene is also routinely performed:

- before, during and after preparing food
- before and after eating
- after using the toilet
- after coughing, sneezing or blowing your nose
- after touching animals or insects
- after gardening/messy play/coming back from the playground
- after handling garbage.

We will create a personal hygiene care and learning plan that positively reinforces progress for students identified with a learning need in the step-by-step processes of:

- hand hygiene
- blowing and wiping their noses
- toileting
- menstruation management for those who need reassurance, verbal support or assistance.

***Catch it, kill it, bin it!***

Children are taught to “catch” coughs and sneezes in a tissue, bin the tissue and kill the virus.

## **Change of Clothes**

- The School has a range of clothes in the boys' toilet for primary age children to cover boys and girls across the age range, and in the nursery's toilets for nursery pupils.
- Wherever possible, children should change into their own clothes.
- We will take care to respect the child's privacy and dignity.
- Disposable gloves will be worn when assisting a child, these will be disposed of in a plastic bag and taken to an outside bin.
- Dirty clothes will be placed into a plastic bag ready for parents/carers to collect.