

Health and Safety

Every child's health and well-being is important to us!

Healthy eating -please refer to the kindergarten Food and Drink policy.

Healthy eating is encouraged and we ask that you do not send “sometimes foods” (i.e. lollies, chips, chocolates) as snacks. Healthier options are fruit, cheese, yoghurt... etc.

From time to time we may have children attending with allergies. We will always notify you if it affects the nature of foods brought from home. Children may only eat their own food they have bought from home.

Illnesses and Absences:

Please let us know if your child is going to be absent from kindergarten, whether for sickness, holidays or family reasons. We are guided by the Australian Health Commission guidelines when children have contagious illnesses. We can then let other parents know that there has been an infection (no names) at kindergarten.

If your child has a coloured nasal discharge, fever or has had VOMITING AND/OR DIARRHOEA IN THE LAST 48 HOURS PLEASE DO NOT SEND THEM. If in doubt, please see your doctor, pharmacist or talk with us.

Medication while at the centre:

We cannot legally administer any medication without your own & your doctor's written consent. A copy of our *medication policy*, including a medication release form is included in our enrolment package. A medical action plan is also required for those children who have chronic illnesses/conditions such as asthma, epilepsy, food allergies etc.

Please note that we **cannot administer any non-prescription medication** such as Panadol, cough elixirs etc.

Sun and Hot Weather Safety:

Our Sun Protection and Hot weather policy states that we need to wear **hats** outside from Sept. 1st to April 30th and when UV rating is over 3 . However, children may certainly wear their hats on all days. Hats will be provided or your child can bring their own providing it is broad brimmed or legionnaire style. All children need to wear **clothing** that provides sun protection all year round ie; clothing must cover shoulders.

Please apply **sunscreen** to your child before attending. Staff will reapply your child's sunscreen at lunchtime – from Sept. 1st to April 30th.

