

## Emotional health and Well - being Policy

### Statement

At Holyrood Playgroup we recognise that children's health is an integral part of their emotional, mental, social, environmental and spiritual well-being and is supported by attention to these aspects, we promote health , safety and well-being through our practices, policies and procedures. We endeavour to minimise hazards and risks to enable the children at our setting to thrive in a healthy and safe environment. Safeguarding children from harm is a shared responsibility by everyone within the setting.

Why is well - being important ?

Well-being relates to our basic needs as a human being; These are;

- ~ Physical needs ( need to eat , drink, move and sleep )
- ~ The need for affection, warmth & tenderness ( being hugged , receiving and giving love & emotional warmth)
- ~ The need for safety , clarity & continuity ( knowing the rules , being able to predict what comes next , counting on others )
- ~ The need for recognition & affirmation ( feeling accepted & appreciated by others, being part of a group & having a sense of belonging)
- ~ The need to feel capable ( feeling that you are good at something )

### PROCEDURES

#### Physical well-being

All children are different and develop in individual ways at varying rates. every area of development - physical , cognitive , linguistic , spiritual , social and emotional, is equally important. Staff are aware of the different stages of child development and how the effects diet, exercise, environment, sleep, emotion, can all affect their development.

Our setting provides a safe secure stimulating supportive environment for all children in the community. The importance of hygiene is promoted and children are supported to maintain their own hygiene by such things as washing hands and covering mouths and nose when coughing and sneezing and washing hands after this to reduce germs spreading to others.

### Health eating

Children need a balanced diet that contains foods from all essential food groups . Our setting does not provide food or snacks for the children but we ask parents to provide a healthy snack and lunch.

We use resources to promote healthy eating, we also grow fruit and vegetables in our garden which the children plant , nurture, pick and take home to eat giving the children knowledge of where food comes from.

We record information about each child's dietary needs on their registration form and parents sign this to signify it is correct. These are checked on a regular basis.

Children are encouraged to bring in their own drinks bottle with water in which we fill up if needed.

Semi-skimmed milk is given at snack time.

All staff receive food hygiene training.

The children wash their hands before eating and the tables are wiped clean.

### Exercise

Our setting is aware of the importance of exercise and the benefits it has to the children.

We have a wide range of physical activities during the session whether it is inside or out ( weather permitting )

### Supporting parents

Staff support parents and families by offering advice on areas of concern.

Liases with Health Visitors and local services in order to provide information and support to parents if required.

Ensure parents are given our policies and procedures book to read.

Support parents in any way needed at their time of need.

We support parents and give advice on potty training.

### Emotional well-being

Staff are made aware during induction to the setting of all the settings policies and procedures and ensure they are followed.

Childrens individual needs and requirements are met and their feelings accepted and respected. Friendships and team building are encouraged and promoted through daily activities.

The settings policy on positive behaviour ensures that children can feel safe and secure as negative attitudes and bullying are dealt with promptly and effectively.

Children gain a sense of well-being when they are encouraged to take responsibility and join in with activities that interest them.

The child has a key person allocated to them on induction to provide support and guidance throughout their time in the setting. The key person will help guide them through transition to school providing emotional support for the parent and child.

We support staff children and parents in response to sensitive issues.

We ensure staff receive support in professional development, supported through the settings policies and procedures such as health and safety and grievance.

### Risk Assessment / Safety

We endeavour to minimize hazards and risks to enable the children at our setting to thrive in a healthy and safe environment. We are aware of the importance of a clean and safe environment.

Our risk assessment process covers adults and children it includes;

Checking risks/hazards inside and out

Checking activities and procedures for children and adults

Understanding what areas need attention

Develop and action plan, who will be responsible for actions and when actions will be completed

Risk assessment checks are carried out on a daily basis. A detailed and in depth assessment is carried out yearly or more frequently should circumstances dictate this.

Medicines / cleaning materials are kept out of childrens access. All cleaning products/chemicals are kept in original containers and Control of Substances Hazardous To Health (COSHH) Regulations records kept in case somebody has a reaction to them or is hurt by them

Our setting follows the guidelines of the Reporting Injuries Diseases and dangerous Occurrences (RIDDOR) for the reporting of accidents .

Safeguarding issues and behavioural incidents between children are not regarded as incidents and a separate policies cover these areas.

The settings safeguarding / child protection policies and procedures are adhered to at all times and are always available for parents to access.

The settings Health and Safety policies and procedures are adhered to at all times and are always available for parents to access.

Staff are aware for fire drill procedures. Fire drills are practised twice a term and the children are aware of the importance of this.

Our setting and surrounding area is a strictly non smoking zone.

**Policy Adopted.....**

**Signed.....Date.....**