



Collins Street Centre Playgroup Inc (CSCPG)

## Health Policy Document

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## **1. Sun Protection Policy**

1.1 CSCPG recognises that exposure to ultraviolet radiation (UVR) has negative health effects and will therefore provide practical measures to minimise exposure. To reflect this position CSCPG:

- (a) Strongly recommends and supports sun safe practices for all activities including scheduling long outdoor periods of play when the UVR is high between the hours of 10am and 3pm. It is such that babies groups who generally don't use the outside play equipment are recommended to noon timing sessions;
- (b) Will encourage the use of shade (both natural and man-made) to protect members and their families to the fullest extent, and work with the council to maintain these shade facilities;
- (c) Will encourage committee members and coordinators representing the playgroup to act as positive role models for children by adopting sun protection behaviours including wide brimmed hats, sunglasses, sunscreen and long sleeved shirts during outdoor activities where appropriate;
- (d) Will provide sunscreen (SPF 30+, broad spectrum) for use by all members.
- (e) Will offer the purchase of Playgroup hats from time to time throughout the year to members;
- (f) Encourages adults and children to comply with a "no hat no outside play" rule
- (g) Will place education on sunsmart procedures in the playroom
- (h) Encourages members to stay hydrated, there are jugs and cups available for use to distribute water.

## **2. Immunisation & Sick Children Policy**

2.1 CSCPG recognises that immunisation is a matter to be decided by each family. To reflect this decision CSCPG;

- (a) Strongly recommends families to seek information from doctors and Child Health nurses before making your decisions regarding immunisations;
- (b) Members may be asked about the immunisation status of your children on enrolment. You are not obligated to give this information, however if you are happy to do so, the details will remain confidential with the President/Enrolment Officer, who will only use them to advise a member not to attend with non immunised children should there be an outbreak of disease for which immunisation is available.

2.2 CSCPG recognises that there are times throughout the year that are more prevalent to colds and viruses. To reflect our standing on Sick children attending playgroup;

- (a) CSCPG strongly recommends that if your child is sick to keep them at home for your session. Not only will your child not be able to participate happily, it is unfair to other members to be exposed unnecessarily to viral and bacterial infections;
- (b) Where a child has an infectious disease such as chicken pox, German measles or whooping cough, the Health Departments Communicable disease control section can advise of the minimum exclusion time from school daycare etc and this also applies to Playgroup. You can always follow up with your GP on this also;

- (c) It is important to exclude children while they remain infectious and parents must consider the well being of other children at the playgroup including those in the special risk categories such as babies too young to be immunised, children with poor immune systems and pregnant women;
- (d) Where possible if you child has been sick at playgroup wipe down toys that they have salivated on (coughed, sucked etc) to limit the spread of illness.

### **3. Mental Health Policy**

3.1 Promoting positive mental health promotion involves any action taken to maximise well being in individuals and communities. It includes fostering a sense of belonging through improving social, physical and economic environments as well as enhancing the coping capacity of individuals and communities.

CSCPG will proactively support positive mental health promotion within our playgroup by

- (a) Providing opportunities to be mentally, physically and socially active (ACT)
- (b) Encourage members to join and actively participate in CSCPG activities or PGWA activities (BELONG)
- (c) Encourage members to become volunteers for CSCPG, setting personal goals for achievement in the activities of the Playgroup ( COMMIT)
- (d) Reduce economic or social barriers to participation in CSCPG activities
- (e) Encourage members and volunteers to treat all groups, members and Committee position bearers with respect, equality and openness.

### **4. Allergy Aware & Food Catering Policy**

4.1 CSCPG are aware that members from time to time have allergies. As such we have actively promoted allergy awareness within the playgroup.

- (a) CSCPG has displays of allergies and common reactions to those different allergens;
- (b) CSCPG has provided stickers for use by families to identify their child's allergy;
- (c) CSCPG promote members with allergies or whose children have allergies to notify members of their group, and to educate them briefly on what to look for in case something is wrongly ingested;
- (d) CSCPG actively encourage all members to eat food outside the playroom, and to make sure any food is cleaned away, and tables wiped down before a new group arrives.

4.2 CSCPG encourages a healthy eating policy for children at the centre. It encourages members to offer healthy snacks for morning and afternoon tea sessions.

4.3 Where CSCPG hosts a function it will offer healthy alternatives for its members.

### **5. Hygiene**

5.1 Children learn a great deal by copying the behaviour of parents and caregivers and the best way to teach children about good hygiene is to make sure we practice it ourselves.

Most hygiene is common sense and follows the same pattern as you would at home. Please pay special attention to the following;

- (a) Washing hands before eating or handling food, after changing a nappy or going to the toilet;
- (b) Mopping up a variety of kitchen spills, please use different cloths to do so (floor versus tables);
- (c) Washing childrens hands before eating;
- (d) Safe disposal of nappies, tissues and soiled clothes. Make sure they are not left in the playroom for exposure to others;
- (e) Cleaning of blood, vomit or faeces with disposable gloves and paper towels;
- (f) Cleaning and disinfecting all kitchen areas after use;
- (g) Sweeping, mopping and vacuuming after every session.

## **6. Health Policy Concerns**

By Contacting the president of CSCPG you can;

- (a) Complain to use if you believe that any provisions of the health policy have been breached;
- (b) Obtain more information regarding the health policy and guidelines.

## **7. Other**

7.1 CSCPG will:

- (a) Ensure that committee members act as appropriate role models to the broader community
- (b) Review this Health Policy on an annual basis
- (c) Maintain a copy of this policy on the website [www.collinsstreetplaygroup.com.au](http://www.collinsstreetplaygroup.com.au)
- (d) Ensure that breaches of this Policy are addressed through CSCPG committee.