



SICKNESS AND MEDICATION POLICY

Deadline for policy to be reviewed by:	Reviewed and shared on:	Manager/director initials:
September 2027	August 2026	Lucy Collins

Purpose

At Bee in the Woods, the health, safety and wellbeing of every child is our highest priority. We are committed to promoting good health, preventing the spread of infectious illness and ensuring that children receive appropriate care if they become unwell while attending the setting.

This policy sets out our procedures for managing illness, administering medication and supporting children with medical conditions. It should be read alongside the Health & Safety Policy, Food Safety, Hygiene & Infection Prevention Policy, First Aid Policy and Allergy & Anaphylaxis Policy.

Outdoor Learning and Infection Prevention

Spending most of the day outdoors naturally supports children's health by providing fresh air, excellent ventilation and reduced opportunities for airborne infections to spread. However, outdoor environments also present unique hygiene considerations, including contact with soil, mud, water, plants and animals. Bee in the Woods balances the health benefits of outdoor learning with robust hygiene practices, ensuring children can enjoy rich experiences in nature while maintaining high standards of infection prevention.

Our Outdoor Setting

Bee in the Woods is a fully outdoor kindergarten where children spend the majority of their day learning and playing in woodland, gardens and natural environments.

We recognise the many health benefits of outdoor learning, including fresh air, natural ventilation, physical activity and regular opportunities to connect with nature. However, we also recognise that outdoor environments can be more physically demanding than indoor settings. Children who are unwell, recovering from illness or requiring frequent comfort are unlikely to



benefit from an active day outdoors and may recover more quickly in the comfort of their own home. For this reason, we will always err on the side of caution when deciding whether a child is well enough to attend.

If a child is unable to participate comfortably in the normal activities of the day, including outdoor play, they should remain at home until they have recovered.

Please note that fees cannot be refunded or alternative sessions offered where absence is due to illness.

Supporting Children's Health and Preventing Infection

Bee in the Woods recognises that spending most of the day outdoors naturally supports children's health by providing fresh air and excellent ventilation. Nevertheless, good hygiene practices remain essential to minimise the spread of infectious illnesses.

We promote children's health by:

- encouraging regular handwashing using liquid soap, warm water and disposable paper towels
- promoting good respiratory hygiene through the "Catch it, Bin it, Kill it" approach
- following current UK Health Security Agency (UKHSA) guidance regarding infectious illnesses and exclusion periods
- using appropriate Personal Protective Equipment (PPE) when dealing with bodily fluids
- encouraging children to develop healthy hygiene habits through everyday routines
- staff that are sick or unwell do not attend the setting and only return to work once they are well enough to do so.
- We keep a list of notifiable diseases and work closely with families to minimise the spread of illness within our community.

Cleaning, food hygiene and environmental infection prevention procedures are detailed within our Food Safety, Hygiene & Infection Prevention Policy.



Responsibilities of Parents and Carers

Parents and carers play an essential role in protecting the health of all children attending Bee in the Woods.

We ask parents and carers to:

- keep their child at home if they are unwell or unable to participate fully in outdoor activities
- notify the setting as soon as possible if their child is absent due to illness
- inform us promptly if their child has been diagnosed with an infectious disease
- follow the recommended exclusion period before returning their child to the setting
- ensure emergency contact details remain up to date
- provide accurate information regarding any medication or medical condition.

If parents are unsure whether their child is well enough to attend, we encourage them to contact the setting before travelling.

When Children Should Not Attend

Children should not attend Bee in the Woods if they:

- have vomited or had diarrhoea within the previous 48 hours
- have a fever or raised temperature and require medication to remain comfortable
- have an infectious illness during the recommended exclusion period
- are too unwell to participate in normal outdoor activities
- require one-to-one care that cannot reasonably be provided within the setting.

Bee in the Woods follows the **current UK Health Security Agency (UKHSA) guidance, *Health Protection in Children and Young People's Settings***, when determining exclusion periods for infectious illnesses.

Where there is any difference between examples in this policy and the latest UKHSA guidance, the current UKHSA guidance will take precedence.

The full list can be found here.

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/522337/Guidance_on_infection_control_in_schools.pdf

- Chicken Pox and Shingles - At least 6 days after the appearance of the last crop of spots, when they are fully crusted over and when the child feels well enough.
- Bronchiolitis - Until fully recovered
- Conjunctivitis - Once treatment has begun and they are well enough
- Diarrhoea and Vomiting - 48 Hours after the symptoms have ceased
- Roseola Slapped cheek disease - Until they feel physically well
- Hand foot and mouth disease - Until all the blisters have healed
- Head Lice - Once the treatment has been given
- Hepatitis A - Until they feel well and for 5 days after the onset of the jaundice
- Cold Sores - Until the child is well enough
- Impetigo - Once the infection has completely healed
- Measles - At least 4 days after the rash first appears and the child is well enough
- Mumps - 9 days after the swelling subsides
- Ringworm - At least 24 hours after the first course of treatment has been given.
- Rubella (German Measles) - At least five days after the rash first appears and until the child is well enough.
- Scabies - At least 24 hours after the first course of treatment has been given
- Scarlet Fever - Once they are well enough
- Threadworms - At least 24 hours after the first course of treatment has been given
- Verrucae - Verrucae must be covered with a waterproof plaster.
- Whooping Cough - Once they are well enough
- Meningitis - Until the child is well enough
- A child on antibiotics - At least 48 hours after the first course of antibiotics has been given and the child is well enough. This is to ensure no adverse reaction takes place and the child can be monitored by the parent / carer at home.
- At least 24hrs after any medical intervention including vaccinations has been given/started and the child is well enough. This is to ensure no adverse reaction takes place and the child can be monitored closely by the parent/carers at home.
- See Coronavirus/ Covid 19 policy for updated Government advice.

If a Child Becomes Unwell During the Session

If a child becomes unwell whilst attending Bee in the Woods:

- a qualified first aider will assess the child's condition
- staff may take the child's temperature using a non-contact thermometer where appropriate



- parents or carers will be contacted promptly
- children with a temperature of **38°C or above**, persistent vomiting, diarrhoea or any condition preventing them from participating comfortably will normally be collected as soon as possible
- where necessary, emergency medical treatment will be sought immediately.

If emergency medical treatment is required, emergency services will be contacted without delay before parents if necessary.

All illness and treatment will be recorded appropriately.

Medication

Medication will only be administered where it is necessary for a child's health and wellbeing and where appropriate written parental consent has been obtained.

Bee in the Woods will:

- only administer medication that has been authorised by a parent or carer
- follow the child's prescribed dosage and administration instructions
- record all medication administered
- require two members of staff to check and witness the administration of medication
- ensure medication is stored safely and securely.

Children who require medication simply to reduce a fever or enable them to attend kindergarten are considered too unwell to participate in the day's activities and should remain at home.

Medication for long-term medical conditions, allergies or emergency treatment will be administered in accordance with an Individual Healthcare Plan or Allergy Action Plan.

Allergy Action Plans and Individual Healthcare Plans are displayed confidentially in the staff shed and carried by staff on outings where appropriate.

Children with Medical Conditions

Bee in the Woods welcomes children with medical conditions and will make reasonable adjustments to ensure they are fully included wherever possible.



Individual Healthcare Plans will be developed in partnership with parents and relevant healthcare professionals where appropriate.

These plans will clearly identify:

- the child's medical condition
- medication requirements
- emergency procedures
- staff responsibilities
- any reasonable adjustments required to support the child safely.

All relevant staff will be made familiar with the child's Healthcare Plan before working with the child.

Head Lice

Children with head lice will not be excluded from the setting. However, head lice must be treated promptly by parents and carers. Parents will be notified if there is a case of head lice at the setting.

Monitoring and Review

Bee in the Woods regularly reviews illness trends, accident records and national health guidance to ensure our procedures remain effective and reflect current best practice.

This policy will be reviewed:

- annually
- following significant changes to legislation or UKHSA guidance
- following any significant illness outbreak
- where improvements are identified through practice.



Related Policies

- Health & Safety Policy
- First Aid Policy
- Food Safety, Hygiene & Infection Prevention Policy
- Allergy & Anaphylaxis Policy
- Safeguarding & Child Protection Policy
- Accident & Incident Policy

References

- Department for Education. *Statutory Framework for the Early Years Foundation Stage* (current version)
- UK Health Security Agency. *Health Protection in Children and Young People's Settings* (current version)
- NHS Guidance on Childhood Illnesses
- Health and Safety at Work etc. Act 1974
- Equality Act 2010