



Personal Hygiene Policy

Introduction:

Holy Trinity Primary School understands it has a 'duty of care' to ensure that all staff members, students, volunteers and members of the broader school community are provided with a healthy & safe environment. Effective personal hygiene practices are essential in protecting all members of the school community and minimising the potential risk of communicable diseases.

To this aim, Holy Trinity Primary School is proactive in implementing and monitoring simple personal hygiene infection control strategies.

Purpose:

The purpose of the school's Personal Hygiene Policy is to protect the health of the school community and help students manage their own personal hygiene routines.

Definitions:

Hand Hygiene: The 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).

Personal Hygiene: 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.

Menstrual Hygiene Management (MHM): A necessary aspect of hygiene for women and girls for a significant period of their lives. MHM describes the practice of using clean materials to absorb/collect menstrual blood that can be changed in privacy as often as necessary when girls and women have their menstrual period. Good management includes using soap and water for washing the body as required and having access to facilities to dispose of used sanitary products.

Personal Hygiene Strategies & Actions:

The following information outlines the strategies and actions that Holy Trinity Primary School undertakes to help students manage their own personal hygiene routines.

Provision of Soap & Other Hygiene Consumables:

Holy Trinity Primary School has a responsibility to provide appropriate hand hygiene consumables to support the personal hygiene routines of students.

Consumables include:

- » Soap, preferably in liquid form via a dispenser (for example, wall mounted);
- » A method for hand drying (for example, paper towel or hand dryer)



- » alcohol-based hand rub (where deemed appropriate).

Although washing hands with soap and water is the preferred method of hand hygiene, alcohol-based hand sanitisers are a useful adjunct to hand washing and can be provided in classrooms or where running water is not available. Non-alcohol-based hand sanitisers are not recommended.

Hand Hygiene Education:

Holy Trinity Primary Schools incorporates hand hygiene education into the classroom activities to maximise opportunities for students to develop personal hygiene practices.

Staff Members ensure that hand hygiene practices are 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 pets;
- » Before and after treating a wound or cut;
- » After handling garbage;
- » When hands are visibly soiled.

Menstrual Hygiene Management:

Menstrual hygiene is a basic need for all women and girls who menstruate. It is an important part of a women's reproductive health. Having periods is a normal and healthy part of growing up.

Having open discussions about the safest way to use sanitary products will help to build positive social norms and help girls and women to manage their menstrual hygiene with dignity and comfort.

With the provision of sanitary items, schools also have a duty of care to provide students with information about the safe use of sanitary items.

Personal Hygiene Care and Learning Plan:

Where required staff members may establish 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;
- » Face washing, especially after eating;
- » Blowing and wiping their noses;
- » Toileting.

[DEET Toileting, Care & Learning Plan 2019](#)



References:

Catholic Education Commission of Education - Guidelines for the Provision of Personal Care Support in Schools 2017

Victorian Department of Education & Training – Personal Hygiene Policy 2019