



# Warkworth Church of England Aided Primary School

*'Learning together through love,  
forgiveness and friendship'*



This year we have chosen to focus on the Christian Values of Love, Forgiveness, Friendship,  
Respect, Community and Perseverance.

## Rest and Sleep Policy

**Policy to be approved:** Autumn 2017

**Review Date:** Autumn 2019

**Headteacher:** Mrs Ritson

**Chairman:** Professor Hobrough

**Reviewer:** Governing Body

## **Rest and Sleep Policy (EYFS)**

Effective rest and sleep strategies are important factors in ensuring a child feels secure and safe in a child care environment. Warkworth C of E Primary School's Rest and Sleep Policy is based on recommendations from the recognised national authority SIDS & Kids. To find out more, please access the link provided: <http://www.sidsandkids.org.nz/safe-sleeping/>

Warkworth C of E Primary school will consult with families about their child's individual needs and to be aware of the different values and parenting beliefs, cultural or otherwise that are associated with rest. We define 'rest' as a period of inactivity, solitude, calmness or tranquillity, and can include a child being in a state of sleep.

Warkworth C of E Primary school has a duty of care to ensure that all children are provided with a high level of safety when resting or sleeping while in care. It is understood by staff, children and families that there is a shared responsibility between the school and other stakeholders that the Rest and Sleep Policy and procedures are accepted as a high priority.

It is a requirement that management and staff implement and adhere to Rest and Sleep Policy.

### **Strategies and Practices**

The primary safe resting and sleeping practices for children in care at our school are:

Safe resting practices for all children. If a child requests a rest then there is a designated area for the child to be inactive and calm, away from the main group of children.

The designated rest area is in a designated area where cushions are provided. The area will be quiet, solitary play experiences are available for those children who request the need for a rest or time away from their peers. All children when resting or sleeping should be monitored at regular intervals and a child's face should be uncovered when they are sleeping. All children who have fallen asleep in our provision will be monitored regularly with specific attention to breathing patterns. Parents will be advised that the child required a sleep during their time in our care and details will be recorded by staff in the setting.

### **The Rest Environment and Equipment**

Every day the service will conduct a safety check of the resting environments, equipment and/or aids. If staff/carers identify any hazards they will report their concerns directly to both the headteacher/ caretaker. Staff/carers will report any hazards as a matter of urgency and faulty equipment is not to be used under any circumstances.

### **Room temperature**

Room temperature will be kept between 68-75°F and a thermometer kept in the 2's Room.

### **Hygiene Practices**

Resting materials or aids, such as cushions, will be cleaned every week and blankets/sheets will be washed regularly.

### **Staff/Carers**

All staff will receive regular First Aid training in resuscitation as defined by Education and Care Services National Regulations 2011 and best practice standards. All staff have received paediatric first aid.

**If Your Child is Unwell**

If a child is unwell parents will be contacted to collect immediately, however they may need to lie down until they arrive. Children who are unwell will be given the highest supervision priority and monitored constantly especially if the child has: a high temperature, vomited or received minor trauma to their head. There will be a paediatric first aider on site at all times.

**Policy Review**

This policy will be reviewed annually in line with guidelines and regulations. Families are encouraged to collaborate and contribute to this too, staff are also actively encouraged to be involved.