



## Sleep and Rest for Children Policy

### RATIONALE

The National Quality Standard requires that each child's comfort is provided for and there are appropriate opportunities to meet each child's need for sleep, rest and relaxation (Element 2.1.2). In meeting these requirements, the National Regulations further require the service consider the ages, development stages and individual needs of the children (Regulation 81).

### PURPOSE

The purpose of this policy and procedure is to describe the application of this requirement at SPCC Saints Academy services operating under this legal framework.

### RELEVANT TO

All SPCC Saints Academy locations.

### STATUTORY LEGISLATION and CONSIDERATIONS

Education and Care Services National Regulations, 2017

- Regulation 168 (2) (V) Sleep and Rest for children
- National Quality Standard
- Element 2.1.2. Each child's comfort is provided for.

### POLICY STATEMENT

As Saints Academy is a care provision for school-aged children, all children range in age from 5 – 12 years. Our services are aware of children's requirements for sleep and rest. Issues that influence a school-aged child's individual requirement for sleep or rest include the child's age, transition to school, activities undertaken during the school day, disrupting factors impacting from home e.g. unstable housing, family conflict, return overseas travel; child's general health and wellbeing. Factors that impact the comfort of the group include group size, location dynamics, environment and experience options, transport modes, age and developmental needs of children.

### PROCEDURE

In-line with the philosophy of Saints Academy, all facilities are set up in a homely manner featuring lounges and soft furnishings.

Educators recognise the need for and provide a range of active and restful experiences:

- in the daily routines.
- in program and excursion planning.
- in environment set up.

Educators allow children options to choose to be more active or restful according to their needs and to have downtime e.g. straight after school, after excursions or highly active experiences.

Children will be provided with opportunities for restful activities - music, books, chill-out. Quiet areas are set up with cushions, mats, bean bags, to provide children with rest space as needed.

Children are able to request for rest or downtime and educators are responsive to these requests and assist the children with strategies such as relaxation techniques and self-calming activities.

Educators observe and are responsive to children communicating they are tired or in need of rest, comfort or assistance.

The Nominated Supervisor will ensure soft furnishings are in clean and hygienic order – noting frequency of cleaning in the Cleaning Schedule.



**Saints Academy**  
FOR THE WHOLE OF LIFE

# SPCC Saints Academy

ACN 002 919 584

Administered by St. Philip's Christian Education Foundation Ltd.

**Sources:** *Education and Care Services National Law and Regulations 168, My time our place framework*

*Work Health and Safety Act 2011,*

*NHMRC: Staying Healthy Preventing infectious diseases in early childhood education and care services*

*Product Safety Australia, Guide to Child Safe Standards*