



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 2.1.1). In meeting these requirements, the National Regulations further require the service to consider the ages, development stages and individual needs of the children (Regulation 84).

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)(a)(v) Sleep and Rest for children National Quality Standard
- Element 2.1.1. Each child's comfort is provided for.

POLICY STATEMENT

As SPCC 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 and developmental stage, transition to school, activities undertaken during the school day, disrupting factors impacting from home e.g. unstable housing, family conflict, return from overseas travel, and a 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.

SPCC Saints Academy supports and promotes children's health and physical activity, including safe sleep, and is informed by current recognised health guidelines. The SPCC Saints Academy sleep and rest risk assessment is updated at least every twelve months to manage potential hazards.

This policy is available for parents on the SPCC Saints Academy website or as a printed version if required.

PROCEDURE

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

The Nominated Supervisor ensures that all staff are aware of their responsibilities and the location of designated sleep and rest areas when overseeing and implementing sleep and rest within the service. All staff are to adhere to the sleep and rest risk assessment. This includes management and assessment of suitability of sleep and rest environments (including lighting and temperature regulation).



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 partner with families for the health and wellbeing of each child. Cultural and family preferences are considered and implemented where possible, within the guidelines set out by the relevant statutory legislation.

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, and chill-out activities. Quiet areas are set up with cushions, mats, bean bags, to provide children with rest space as needed. Children can request rest or downtime, and educators are responsive to these requests and assist them with strategies like 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.

As SPCC Saints Academy operates services for school aged children in the hours outside of school, it is unusual for children to require sleep. However, when children do request or require this (outside of the programed downtime and rest periods outlined above), the Nominated Supervisor (or delegate) notes any children who require additional sleep and discusses this with the child's guardian. When a child is sleeping, one staff member is allocated as the designated person who checks any sleeping children regularly (at least every fifteen minutes). Children sleeping and resting will always be within sight and hearing distance so that educators can easily monitor children's safety and wellbeing.

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

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