

SLEEP AND REST POLICY

Policy Statement

Highgate School Outside School Hours Care (Highgate OSHC) aims to accommodate the sleep and rest needs of the children who attend. As the children are in school age care many do not need formal sleep during the sessions they attend, however do need the opportunity for rest and relaxation. Highgate OSHC will take all reasonable steps to provide opportunities to meet each child's individual need for sleep, rest and relaxation. Their needs may vary because of illness, physical exertion, previous activities, or lack of sleep.

Procedure

Highgate OSHC will provide safe sleeping/rest areas for children to use when they show signs of tiredness or request a rest. This will be an area away from the main group of children, or in a quiet space, where possible. Children will be encouraged and empowered to set up their own rest areas with blankets, cushions and other comfortable furnishings provided.

Where children utilize blankets or pillows, they will be monitored to ensure their face is not covered during rest or sleep. If a child does fall asleep, they will be allowed to continue to sleep however will be closely monitored.

The program will be developed to ensure there are opportunities for rest and relaxation, especially during Vacation Care. It is important to embed rest times into daily routines, transitions and particularly after highly active experiences.

Highgate OSHC will ensure hygiene standards are maintained. For example, regular washing of cushion covers and bedding, especially if a child has been unwell.

If a child sleeps at the service, families will be informed at pick up.

Approved by Highgate School Governing Council 26th October 2021

DATE OF EFFECT: 17th November 2021

REVIEWED: 4th November 2022

TO BE REVIEWED: 4th November 2023

Related Documents

<http://www.acecqa.gov.au/national-quality-framework/national-law-and-regulations/national-regulations>

Education & Care Services National Regulations (2011) – Regulations 81

National Quality Standard for Early Childhood Education and Care & School Age Care (2010) – Standards 2.1