

TECOMA PRIMARY SCHOOL OSHC SLEEP AND REST POLICY

POLICY RATIONALE

Tecoma Primary School OSHC plan and deliver an education and care program, where children have access to a wide variety of safe, stimulating resources and opportunities that are developmentally appropriate and cater to the social, intellectual, physical, recreational, and emotional needs and interests of all children present. (R73) At times, this can mean children may be tired and require rest, or even sleep, depending on their age, stage of development or even because of what they may have been doing on the weekend or night before.

PROCEDURES

Programs are planned with time given between experiences for children to be able to rest. This may mean quiet experiences are offered, with a gap of time to allow children to sit quietly, read a book or engage in chats with friends.

- Educators will ensure they are always aware of the position of all children to provide appropriate supervision.
- Designated rest zone will allow children to relax on cushions and at any time, with books and puzzles/games available to encourage quiet time.
- If a child falls asleep, they will be allowed to continue that sleep, in a supported manner, with appropriate supervision.
- If children require sleep, families are encouraged to provide a sheet, pillow (if desired) and sheet or blanket for on top of the child. We do have cushions and a blanket if needed. Children will be provided with a quiet space to sleep, with supervision provided by educators at all times.
- Supervision planning and the placement of educators across the program will ensure educators can adequately supervise sleeping and resting children.
- Educators should closely monitor sleeping and resting children and the sleep and rest environments. This involves checking/inspecting sleeping children at regular intervals and ensuring they are always within sight and hearing distance of sleeping and resting children so that they can assess a child's breathing and the colour of their skin.
- We consider the risk for each individual child. Factors to be considered include the age of the child, medical conditions, individual needs, and history of health and/or sleep issues.

COMMUNICATION

This policy will be communicated to Tecoma Primary School community in the following ways:

- Available publicly on our school's website
- Made available in hard copy from the OSHC program upon request.