

TECOMA PRIMARY SCHOOL OSHC SLEEP AND REST POLICY

POLICY STATEMENT

At times, 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. Children may also need to rest or sleep if they are unwell. Our program supports children's need for sleep or rest while attending the program.

BACKGROUND


The Education and Care Services National Regulations requires approved providers to ensure their services have policies and procedures in place for children's sleep and rest.

LEGISLATIVE REQUIREMENTS

Section 165 Offence to inadequately supervise children
Section 167 Offence related to protection of children from harm and hazards
Regulation 82 Tobacco, drug and alcohol-free environment
Regulation 84A Sleep and rest
Regulation 84B Sleep and rest policies and procedures
Regulation 84C Risk assessment for purposes of sleep and rest policies and procedures
Regulation 87 Incident, injury, trauma and illness record
Regulation 103 Premises, furniture and equipment to be safe, clean and in good repair
Regulation 105 Furniture, materials and equipment
Regulation 106 Laundry and hygiene facilities
Regulation 107 Space requirements – indoor space
Regulation 110 Ventilation and natural light
Regulation 115 Premises designed to facilitate supervision
Regulation 168 Education and care service must have policies and procedures
Regulation 170 Policies and procedures to be followed
Regulation 171 Policies and procedures to be kept available
Regulation 172 Notification of change to policies or procedures

PROCEDURES

- 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, we have cushions, bean bags, 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.

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- 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.
 - The Nominated Supervisor will ensure that the cushions, beanbags, and blankets are kept clean and in good working order. All items must be washed after use if a child has been unwell.

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.