



St Raphael's School OSHC

2023

# Sleep and Rest Policy



Implemented 2023

## Sleep and Rest Policy

St Raphael's OSHC service aims to meet the needs of all children and families in the service in relation to rest and sleep and will implement procedures to meet the needs of children needing sleep or rest and communicate closely with families when children seem to need extra rest or sleep.

At times children in the OSHC service will feel the need to rest or even sleep. These reasons may include:

- Young children (particularly those aged 4 and 5 years old)
- Children with a change in routine or schedule
- Children with very long days (particularly those at the service from opening in the morning to close in the evening)
- Children who are unwell or becoming unwell
- Children who may have missed out on sleep recently

Service staff will implement the following procedures when they deem a child needs rest or sleep:

- Provide an area or areas where children may lay down to rest or sleep (usually on the couch in the quieter area)
- Pillows and blankets may be provided
- If a child is feeling tired, a trained first aider will monitor temperature and check if the child has any other symptoms of feeling unwell. A parent will be rung if there is any indication of illness.
- Children will be allowed to sleep uninterrupted if they fall asleep.
- A parent will be informed that the child has had a sleep when the child is collected and provided with any additional information relating to the sleep.
- If a child is regularly falling asleep at the service, service staff will communicate closely with the family to ascertain how the family would like service staff to deal with it. As long as it is not disruptive to the family's routine the child will be allowed to sleep at the service.

In addition to this, Pupil Free Days are structured so that most activities and physical activity are scheduled in the morning and directly after lunch. After 2pm downtime is scheduled for those children who need rest and have been very active all day

Document Title	Sleep and Rest Policy
Document Type	OSHC Policy
Document Date	22/10/2023
Policy Owners	St Raphael's School OSHC
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Approval Authority	St Raphael's School OSHC
Review Date	Oct 2025