



Guyhirn Church of England Primary School & Pre-school

Member of the Diocese of Ely Multi Academy Trust

Sleep and rest policy

Our Vision

Agape – To live, to learn, to love together

Through our Christian values we aim to inspire all of our school community to show equality and tolerance to all in a safe, challenging environment.

Developing resilient, aspirational and compassionate individuals who are enthused by all faiths and lifestyles showing faith and belief in one another.

“Live in agreement with one another. Do not be proud but ready to mix with everyone. Do not think yourself better than others.” - Romans 12:16

“An intelligent heart acquires knowledge, and the ear of the wise seeks it out.” - Proverbs 18:15

“Love the Lord your God, and love your neighbour as yourselves.” - Matthew 22:37

Our Values

We are a small, family centered Church of England Primary School that is committed to promoting our Christian values of Thankfulness, Compassion, Creativity, Peace, Hope, Endurance, Forgiveness, Tolerance, Kindness, Respect, Trust and Friendship each linked with the core value of Love.

We are determined to create an inclusive culture of learning where everyone will be challenged in their thinking, to succeed to the best of their abilities and strive to become lifelong learners.

We will empower our children to become respected citizens to enable them to make valuable contributions locally, globally and to contribute to our world's sustainable future.

Aims

This policy aims to support sleep and rest within the pre-school setting, with there being a safe and calming space for children within the setting to sleep and rest within pre-school. We aim to work with parents/carers and keep to the children's individual routines as best practice, although staff cannot force a child to sleep, wake them or keep them awake against their will.

Daytime rest

- All children within the setting have the opportunity to rest if needed.
- Staff will create a quiet and calming space within the book corner where bean bags for sitting in comfort are available as well as books and soft toys should the child wish to cuddle.
- In the instance that the child would like to lay down, there is a bed readily available in which a member of staff will place a clean sheet so that a child can lay down.

- Staff will conduct visual checks every 10 minutes to monitor the child's position, temperature and breathing. Checks will be dual signed to confirm.

Sleep

- Children will have sole use of the bed if they require a sleep during session.
- Children will get themselves to sleep and staff will aim to make the surroundings as calm and relaxing as possible, such as dimming lights, singing.
- For children's comfort and to reduce the risk of overheating, children will be encouraged to remove their own shoes and socks before sleeping and help with this will be provided if/when needed.
- Bedding is provided and laundered after each use.
- Staff will ensure children are laying on their back prior to sleep; with no loose covers or soft toys within the bed. We understand that for some children, the use of a comforter such as a soft toy or blanket is needed for sleep, reassurance and comfort and so staff will factor this into their monitoring checks to ensure any risks are being assessed effectively and actioned.
- Children will be monitored every 10 minutes and a written record of these checks will be kept for a minimum of three years. Sleeping children will never be left unattended.
- Lighting is kept low to create a quiet, calming and relaxing environment for sleep.
- If parents have requested a sleep limit, staff will wake children in a calm and soothing manner. Blankets may be removed and lights may be brightened slowly but staff will not physically wake a child (such as by lifting them up) and children will be allowed to wake in their own time.
- The only instance in which a child will be lifted from the bed would be in case of an emergency.

