



WEST HESLERTON C.E. PRIMARY SCHOOL

SLEEP POLICY

“Children are at the centre of all we do”

We encourage everyone in our school community to live life well reflecting Christian attitudes and values and working in partnership with families as part of a wider, caring community.

The hallmarks of a Christian life lived well are shown in the fruits of the Spirit – But the fruit of the Spirit is Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Self-control. Against such things there is no law. Galatians 5:22 – 23

Aims

West Heslerton CE Primary School's sleep policy aims to provide a clear framework to ensure the health, safety and wellbeing of all children who require support to sleep or rest whilst at school or in after school care.

Legislation

This policy is based on requirements set out in the 2021 statutory framework for the Early Years Foundation Stage (EYFS).

Principles

At West Heslerton CE Primary School, we promote healthy and safe practices in helping children sleep and rest. We will ensure:

- that supporting children's sleep is the responsibility of all DBS checked and approved staff for children in their care.
- children's individual needs are identified and met.
- children's right to health, safety and wellbeing are met.
- family's cultural preferences are considered.
- sleeping and resting in school / after school care is a positive experience: both the child and the family feel supported throughout.
- communication between the school and the family is promoted and this starts prior to child starting school so information shared and routines established and agreed.
- consistency of care as far as possible .
- families are provided with information or signposted to sources of further information or services to support sleep and bedtime routines if required.

Responsibilities

We will ensure that anyone who supports a child sleeping or resting in school or after school care is an employee of the school and has had appropriate safeguarding checks and is aware of procedures and responsibilities for supporting children's sleep.

We will ensure that all staff are aware of the need for confidentiality. Personal and sensitive information will only be shared with those who need to know.

We will act according to West Heslerton CE Primary School's policy and procedures if there are any concerns for the child's wellbeing. At all times the child's safety, dignity and wellbeing is promoted.

We recognise that the school day can be tiring for young children and therefore we will ensure that there is a designated place for sleep and rest.

Written records are kept of all support for sleeping. Sleeping children will be monitored by staff every 10 minutes (see Appendix 1). The time a child falls asleep, when they wake and ten-minute monitoring checks are recorded by staff. This information is available to parents / carers at all times and will be checked periodically by the EYFS Leader.

Families are supported by staff to understand the Early Year's health and safety procedures for supporting rest and sleep. Staff will always try to take account of parent's wishes when dealing with sleeping children. However, unreasonable requests by parents / carers will be discussed with the Headteacher and alternatives sought.

Staff will encourage children to sleep in designated areas or quiet areas. If a child falls asleep in the room, staff will aim to make them comfortable and safe without disturbing them. Staff will not normally leave children to sleep for periods longer than one hour unless requested or indicated by the parents / carers. Staff will consider the religious views, beliefs and cultural values of the child and their family as far as possible when supporting children with sleep.

Our responsibilities for supporting parents with children's sleep

For some parents / carers and families, developing sleep routines so the child has adequate rest can be daunting and difficult and can impact on the child's wellbeing at school. Parents will be provided with information or signposted to support such as Health visitors.

Staff responsibilities in supporting positive self - esteem

Staff will work with the child to promote a positive self - esteem and independence with sleep as far as is appropriate and practical. Staff will remain calm and offer a supportive approach to children at all times. Staff will approach children quietly and calmly regarding the need to sleep being mindful of the child's engagement in play. Staff will be alert and responsive to a child's needs if showing signs of tiredness.

Governor Responsibilities

To ensure sufficient staff are trained to meet Early Year's ratios and the developing needs of young children. The governing body will ensure this policy is monitored and reviewed at least every three years.

Parent / Carer Responsibilities

Parent / Carers must ensure they provide all relevant information with regards sleep for their child on entry to school and as the child develops, so the child's needs can be met. It is expected that for the majority of children, by the time children join school at age 4, they no longer require a daytime nap. Parents / carers must ensure that the school has their up-to-date emergency contact details.

Enabling Environment Equipment procedures

When supporting a child who needs to sleep, staff will ensure:

- a sleeping mat is provided where appropriate
- quiet areas where children can rest if they fall asleep are provided.

Policy written and approved: Summer 2025

To be reviewed Autumn 2025

Appendix 1. Sleep monitoring

Record of Supervision for Sleeping Child

Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that sleep mattress and bedding are in good condition and suited to the age of the child.

[illegible]

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