



**Saint Michael Catholic Primary School & Nursery**

## **Sleep Policy**

**Mission Statement:**

**Excellence • Enrichment • Enjoyment**

**Date policy accepted by the Governing Body: January 2016**

**Updated: July 2017**

**Date for review: July 2018**

## **Rational**

Children need sleep and rest periods to help development. Children all develop at different rates and we must meet their needs throughout the day at St Michael's Nursery. As they grow they will usually develop a routine in which reducing the length or the frequency of their daytime sleeps. Children at St Michael's Nursery have the opportunity to rest or sleep if they need or want to throughout the day. The staff create an environment for the children to rest or sleep i.e. a quiet area to cuddle up with a book or sleep mats for older children.

Parental wishes should be taken into consideration, although staff cannot force a child to sleep, wake or keep a child awake against his or her will. This is an Ofsted regulation.

St Michael's Nursery recognises the need for children to be kept safe while asleep, either through direct supervision or through a system of monitoring their sleep time. Within the Nursery room there is a quiet room which is a comfortable area including sleep mats with blankets where the children can sleep safely. All children will enjoy 'quiet time' for around 30 minutes after lunch during which they can participate in a restful, calming activity. During the home visits each child's individual day time sleeping habits will be discussed at length with parents including length of sleep, comforters used for support, position of sleep and key words or actions a child might display to indicate that they need to sleep. To help with the transition to Reception Class older children are encouraged to engage in activities consistently rather than sleep.

## **Purpose**

This policy is to ensure that children are kept safe, and their well-being is nurtured while their sleep at St Michael's Nursery.

## **Guidelines/Procedure**

- A phone call will be made to parents/carers to arrange collection a child that may have fallen asleep due to illness or feeling ill in line with existing illness procedures for the whole school.
- Staff are present in the Nursery room at all times, and where possible a member of staff will sit with the child/ren who are in the process of going to sleep.
- Staff in the Nursery will position themselves to be within sight and sound of the sleeping child/ren resting in the sleep area, and from where they can monitor the child/ren at sleep.
- Sleeping child/ren will be checked on every five minutes. Checking a child while sleeping should involve:
  - Placing a hand on their chest to check they are breathing or putting the back of their hand near to the child's mouth to feel for breath
  - Ensuring that each child is well
  - Ensuring that each child is not too hot or too cold
  - Ensuring that all sheets or blankets are not wrapped around the child
- Sleeping children will be placed on their own sleep mats with a blanket. All sleep mats will be cleaned regularly and in good working conditions at all times.
- The 'quiet area' used for sleeping will be kept at a consistent, moderate heat.
- Blankets are provided and are washed regularly in non biological washing powder.
- Pillows are not used in the Nursery.
- Feedback about sleep will be given to parents and carers verbally by each child's key worker at the end of day pick up along with their food intake and toileting for the day.