Prospect Primary School (PPS) OSHC strives 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 need extra sleep or rest.

This policy will be reviewed yearly and adjustments will be made if necessary or if legislation changes.

|  |  |  |  |
| --- | --- | --- | --- |
| **National Law & Regulations** | **National Quality Standards** | **Other Relevant Policies** | **Other Relevant Legislation/Guidelines** |
| 165 | 2.1 |  |  |
|  | Standard 2.1 |  |  |
| 81 | Standard 2.1.1 |  |  |
|  |  |  | OHS&W Act/Regulations |
|  |  | Supervision Policy |  |
|  |  | Child-Safe Environment Policy |  |

PPS OSHC recognises that at times children will feel the need to rest or even sleep. Reasons for this may include but are not limited to:

* 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 with additional needs
* Children who may have missed out on sleep recently

OSHC Leadership and Educators will ensure:

* To provide an area or areas where children may lay down to rest or sleep
* Cushions and blankets may be provided. Cushion covers and blankets are laundered weekly on a hot wash cycle at 60˚ or above. If an ill child utilises cushions and blankets, these are laundered as soon as the child leaves the service
* 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/guardian will be contacted immediately if there is any indication of illness or head injury
* Children will be allowed to sleep uninterrupted if they fall asleep, in the case of a head injury the child will be monitored and encouraged to rest rather than sleep
* A parent/guardian 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, Educators will communicate with the family to ascertain how they would like to proceed, or if there are medical concerns.

In addition to this, the long Vacation Care day is structured so that most activities and physical activity are scheduled in the morning and directly after lunch. After 2:00 PM downtime is scheduled for those children who need rest and have been very active all day.

This Sleep and Rest Policy relates to our service provision and all other policies that act as a foundation for OSHC practices.