



<b>Policy Category:</b> WHS	
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<b>Reviewed by:</b> Principal	<b>Endorsed by:</b> Board
<b>Approved by:</b> Amica Gordon	<b>Date:</b> 17 July 2022
<b>Signature:</b> 	
<b>Recommended frequency of review:</b> 1 year for new policies, and then at least every 3 years unless otherwise approved by the Executive Team. Next review: 2023	
<b>Related Legislation and Documents:</b>  Education and Care Services National Law Act 2010, No. 69 of 2010, Authorised Version incorporating amendments as at 30 March 2022	
<b>Additional Information:</b>  This policy meets the requirements for After School Care registration.	

**Document history:**

<b>Version</b>	<b>Date</b>	<b>Nature of Amendment</b>
1	13/6/22	New Policy

## Sleep and Rest\_ASC

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### DEFINITIONS AND ABBREVIATIONS

**MSSA:** Milkwood Steiner School Association

### PURPOSE

It is important that opportunities for rest and relaxation, as well as sleep, are provided at Milkwood Steiner School's After School Care. There are a range of strategies that can be used to meet children's individual sleep and rest needs. This policy seeks to ensure that children's needs for rest and sleep are met at Milkwood Steiner School After School Care.

Service providers should consider the risk for each individual child, and tailor this Sleep and Rest Policy (including the frequency of checks/inspections of children) to reflect the levels of risk identified for children at the service. Factors to be considered include the age of the child, medical conditions, individual needs and history of health and/or sleep issues.

### POLICY STATEMENT

The After School Care's designated rest environment will

- Be safe, quiet and free from hazards
- Offer restful alternatives to sleep for children who do not wish to or need sleep
- Adequately supervised and monitored by After School Care staff to ensure children are always within sight

After School Care Educators should closely monitor sleeping and resting children and the sleep and rest environments. This involves checking/inspecting sleeping children at regular intervals, and ensuring they are always within sight and hearing distance of sleeping and resting children so that they can assess a child's breathing and the colour of their skin.

Children of all ages should sleep and rest with their face uncovered.

Ensure that children who **do not** wish to sleep are provided with alternative quiet activities and experiences, while those children who **do** wish to sleep are allowed to do so, without being disrupted. If a child requests a rest, or if they are showing clear signs of tiredness, regardless of the time of day, Milkwood Steiner School's After School Care will provide a comfortable, safe area available for them to rest (if required).