



Sleep, Rest and Relaxation Policy

1. Background

The National Quality Standard requires that each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation. In meeting these requirements, the National Regulations further require the service consider the ages, development stages and individual needs of the children (regulation 81).

2. Policy

St Francis School OSHC service aims to:

- meet the needs of all children and families in the service in relation to children's need for sleep and rest.
- endeavour to provide adequate time, quiet space and supervision to meet the needs of children needing sleep or rest and communicate closely with families when children seem to need extra rest or sleep.
- be aware of issues that influence a school-aged child's individual requirement for sleep or rest include the child's age, transition to school, activities undertaken during the school day, disrupting factors impacting from home. e.g. unstable housing, family conflict, return overseas travel; child's general health and wellbeing. Factors that impact the comfort of the group include group size, location, dynamics, environment and experience options, transport modes, age and developmental needs of children.

3. Relevant Laws and other Provisions

Regulation 81	Sleep and rest
Regulation 168(2)(a)(v) Education And Care Services National Regulations 2011	Education and care service must have policies and procedures (2) Policies and procedures are required in relation to the following (a) health and safety, including matters relating (v) sleep and rest for children
NQS Area	2.1: Children's health and safety 2.1.1: Wellbeing and comfort
My Time, Our Place	LEARNING OUTCOME 1: Children have a strong sense of identity LEARNING OUTCOME 1.1: Children feel safe, secure and supported. LEARNING OUTCOME 3: Children have a strong sense of wellbeing
Australian 24-Hour Movement Guidelines	For optimal health benefits, children and young people (aged 5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day

4. Service procedures

St Francis School OSHC offers an ideal opportunity to develop positive attitudes and habits for wellbeing. St Francis School OSHC program is planned with time given between activities for children to be able to rest.

We offer quiet activities during morning and afterschool sessions, which allow children to sit quietly, read a book, drawing, engage in conversation with others, yoga mats provided and sometimes we use electronic devices (such as TV, iPad's and laptops).

Children are able to rest in our 'quiet corner' if they would like some quiet time or would like to rest.

Some children are tired after a day at school and often choose to stay inside during outside play time. We endeavour to provide a number of resources to promote child-lead activities, which present fun and challenging learning opportunities for the development of social skills.

5. Educator's responsibilities

Educators recognise the need for and provide a range of active and restful experiences

- in the daily routines
- in program planning e.g. Cosmic Yoga, meditation, calming music time, quiet reading time
- in environment set up e.g. quiet area /sloth corner allowing children options to choose to be more active or restful according to their needs.

Educators observe and are responsive to children communicating they are tired or in need of rest, comfort or assistance.

Educators ensure soft furnishings are in clean and hygienic order, as per our cleaning schedule.

6. Families and children responsibilities

- being familiar with the service policy and procedures
- comply with any specific requests made by the Director and educators
- offering feedback and comments to assist the team to meet the needs of individual families

Document Control:

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POLICY REVIEW DATE	AUTHOR	COMMENTS	NEXT REVIEW DATE
July 2024	St Francis School OSHC	Written in consultation with Phil Schultz (School Principal and service Nominated Supervisor) and Alexandra Curtis (OSHC Director). Document Version 2	July 2026

Approval Date: July 2024

Signed: 

Position: School Principal / Nominated Supervisor

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Thank you, St Francis School OSHC