



Cowling Community Primary School

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Sleep Policy

Introduction:

Cowling Community Primary School is aware that some learners may require sleep either due to the age and developmental level of the student, or as a result of a disability or medical need. The main aim of the school is to ensure that our learners are safe, secure and protected from harm.

Aim:

The 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 in EYFS.

Legislation:

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

Principles:

At Cowling Community Primary School we promote healthy and safe practices in helping children sleep and rest. We will ensure:

- 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 is a positive experience, both the child and the family feel supported throughout.
- Consistency of care as far as appropriate and possible.
- Families are provided with information or signposted to sources of further information or services to support sleep and bedtime routines if required.

We adopt a practical approach recommended by The Cot Death – Early Years safe sleeping guide:

- The classroom will be kept well ventilated and sleeping mats will not be placed directly below a window or in front of radiators.
- Sleeping mats will be checked, inspected and disinfected between each use.
- Children never be left unattended when sleeping and will be monitored visually, checks will be recorded every 10 minutes.
- Staff will check for the rise and fall of their chest and to see if the child's sleep position has changed.

We aim to provide a safe sleep environment by:

- Monitoring the room temperature.
- Provide clean and light bedding/blankets if required.
- Sleep mats will comply with British safety standard.
- Ensure sleep mats remain uncluttered by removing soft toys, however should your child require a comforter, we will make sure they have this.
- All areas around the sleep mat will be clear from hanging objects, for example, hanging cords, blind cords, and drawstring bags.
- Should a child fall asleep on a practitioners knee while being comforted, they will be transferred to a safe sleeping mat to complete their rest.

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.

Date	Name of child sleeping	Details of how long to sleep, maximum time	Location and any special arrangements	Checked by (initials and time) Sleeping children will be monitored by staff every 10 minutes									

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