



**Ivington C of E
Primary and
Pre-school**

*Reaching together with the Fruit of the
Spirit (Galatians 5:22-23)*

Sleep Policy

Approval of the Governing Body

This document is a statement of the aims, principles, and strategies for:

Sleep Policy

at

Ivington CE (VA) Primary and Pre-school

It was revised during the:

Autumn Term 2022

It has been agreed and is supported by the teaching staff and the governing body.

We aim to review this policy during the:

Autumn Term 2025

Or sooner if necessary



Linking with our Vision – Reaching together with Love, Joy and Peace (Galatians 5:22-23)

To provide a caring, Christian ethos for the school, which inspires and excites a shared enthusiasm for life and learning.

At Ivington CE Primary and Pre-school, through our strong Christian ethos and focus on nine important Christian values, we are committed to providing a deeply nourishing, spiritual, ambitious, and broad curriculum.

Our motto, 'Reaching together' underpins our belief in equality of opportunity for all, where we actively endeavour to promote understanding and appreciation of our diverse society and give each child a special place in the world where they feel valued, essential to our community and equipped with the necessary skills to make a positive contribution.

We perceive our role to be opening a 'Window on the World', through which our pupils are actively encouraged to develop respect for the beliefs and cultures which enrich their everyday lives and encourage others to do likewise.

We strive to eliminate inequality through our deep Christian ethos of respect and understanding of all groups in society, which ensures that everyone at Ivington will be treated fairly despite his or her creed, colour, disability, or gender.

More details are available in our Inclusion, Racial Equality and Equal Opportunities policies.

The health, safety, and welfare of all the people who work or learn at our school are therefore of fundamental importance. We aim to provide a safe, secure, and pleasant working environment for everyone. The governing body, along with the LA, takes responsibility for protecting the health, safety and welfare of all children and members of staff.

Aim

To communicate to parents our approach to sleep and rest opportunities for children at Ivington Pre-school to ensure that they get all the sleep they need whilst in our care.

We recognise that:

The welfare of the child is paramount and therefore:

- It is very important for young children to get all the sleep they need;
- The wishes of parents and carers are respected with regard to their children's sleep requirements, provided that the child's welfare is not compromised; and
- Comfort blankets and soft toys bring enormous comfort and reassurance to small children, especially when they are new to Pre-school and during their rest and sleep times.

In order to achieve the aim of this policy we adhere to the following principles:

Rest Areas

- Within Pre-school there is a quiet, carpeted rest area with soft cushions where children can go if they wish to rest and relax at any time of the day.

Comforters and comfort blankets

- The Pre-school shall not provide dummies for children, nor shall the Pre-school introduce a child to a dummy if they have not used one before at home. However, parents are permitted to bring in a dummy from home for their child to use when at Pre-school, as we recognise a dummy can provide great comfort for a child during rest and sleep times;
- If a parent wishes their child to use a dummy during sleep and rest times, they should bring the dummy to Pre-school in a plastic container with their child's name clearly labelled on the box;
- Dummies and other comforters are usually restricted to sleep and rest times. They are not encouraged at other times, as they can hamper a child's speech and interaction with others.

Staff

- Staff are fully aware of the fact that children need rest and sleep;
- Staff appreciate that children have individual needs and routines which vary as they grow and develop;
- Staff encourage children to indicate or say when they are tired and need to rest.

Parents' wishes

Sleep and Rest Policy

The preferences and wishes of parents and carers are always valued and staff work closely with them to ensure each child's individual needs are carefully met;

- Some parents prefer their children to only have a short sleep, fearing that a longer sleep will infringe on their child's night-time sleep. Parents' wishes will be taken into account provided that these wishes are in the child's best interests. Whilst parental wishes will be taken into consideration when allowing a child to sleep, staff cannot force a child to sleep, to wake up or stay awake against his or her will.
- Where possible, a member of staff will sit with the child or children who are in the process of going to sleep.
- If a parent requests that their child has a sleep, and they are still awake after 20 minutes, the child will be asked whether they would like to join those children who are playing in the room, rather than remain on the sleep mat.
- When children are collected, feedback about their sleep will be given to parents and carers verbally by a member of staff.
- In line with existing school procedures, a phone call will be made to parents/carers to arrange collection of a child that may have fallen asleep due to illness or from feeling unwell.

Safety

- Sleeping children will be checked on every ten minutes. Checking a child while sleeping should involve:
 - putting the back of their hand near to the child's mouth to feel for breath
 - visually checking breathing (chest rising)
 - looking to ensure child is comfortable but not in a position that may be dangerous
 - ensuring that each child is not too hot or too cold
 - ensuring that a child's comfort blanket is not wrapped incorrectly around the child