

Sleep/Rest Policy

Presented to	Date	Signature
School Management Team		(Chair)
Collegiate		(Facilitator)
Trustees		(Chair)

1. Routines

- 1.1. As appropriate to the individual child. See cover page for key children.
- 1.2. Sleep times recorded on the whiteboard in the hallway and in their Daily Report if under the age of 2.
- 1.3. Children are monitored and checked while asleep.

2. Duties of staff

- 2.1. Temperature of bedroom monitored and thermostat adjusted/ window opened or closed as necessary.
- 2.2. Bedding changed/washed as needed - children should not share the same sheets.