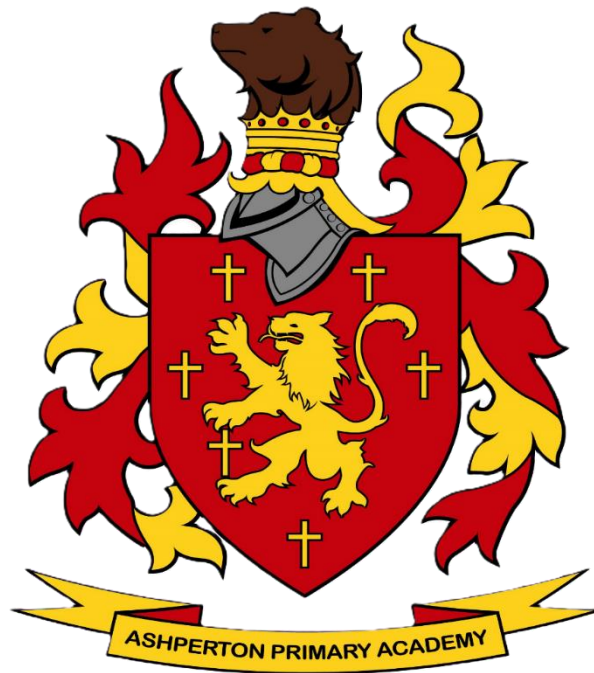




Sleep & Rest Policy
Ashperton Primary Academy
CU6

<i>Approved by:</i>	<i>Emma Marriage</i>	<i>Date: 24/06/2026</i>
<i>Last reviewed on:</i>	<i>August 2026</i>	
<i>Next review due by:</i>	<i>June 2027</i>	

Rest and Relaxation Policy (Reception Class)

Statement of Intent

We recognise that opportunities for rest and relaxation are important for children's health, wellbeing, emotional regulation and learning. While children in Reception do not have scheduled sleep times, we provide a calm and nurturing environment where children can take a break, rest or, if needed, sleep.

A designated quiet area with beanbags and soft furnishings is available throughout the day for children who need time to relax, regulate their emotions or rest when feeling tired.

The safety and welfare of children are always paramount.

Individual Needs

Every child is unique and may require different levels of rest throughout the school day.

When a child joins the setting, parents and carers are encouraged to share information regarding:

- Any medical conditions that may affect energy levels or rest requirements.
- Any additional needs relating to regulation, sensory processing or wellbeing.
- Any concerns regarding tiredness, sleep or health.

Staff remain attentive to children's individual needs and will respond appropriately when a child appears tired, overwhelmed or unwell.

Rest and Relaxation Provision

Children have access to a designated quiet area throughout the day where they can:

- Sit quietly and relax.
- Look at books independently.
- Listen to stories.
- Engage in calming activities.
- Rest on beanbags or cushions.
- Use the sensory, calming toys.
- Take time away from busy classroom activities when needed.

Children are encouraged to recognise when they need a break and to use the quiet area appropriately.

Children will never be forced to rest, nor prevented from accessing a quiet space when they need one.

Children Who Fall Asleep

Although sleep is not routinely planned within the Reception Class, there may be occasions when a child falls asleep in the quiet area.

If a child falls asleep:

- Staff will ensure the child remains safe, comfortable and supervised.
- The child will always remain within sight and hearing of staff.
- Staff will monitor the child's wellbeing regularly.
- Parents or carers will be informed if sleeping during the school day is unusual or causes concern.
- Any concerns regarding a child's health, wellbeing or unusual levels of tiredness will be reported to the appropriate member of staff and discussed with parents.

Children will not be moved unnecessarily unless required for their safety or comfort.

Safe Rest Environment

The quiet area will:

- Be clean, safe and well maintained.
- Provide a calm and welcoming atmosphere.
- Be appropriately supervised by staff.
- Be free from hazards.
- Allow children to rest comfortably whilst remaining visible to staff.
- Be maintained at a comfortable temperature with adequate ventilation.

Supervision and Monitoring

Staff will:

- Supervise children using the quiet area.
- Monitor children who are resting or sleeping.
- Observe children's wellbeing and comfort.
- Respond promptly if a child becomes distressed, unwell or requires support.
- Communicate any concerns to parents and carers where appropriate.

Partnership with Parents and Carers

We believe that effective communication between home and school supports children's wellbeing.

Parents and carers are encouraged to share information about:

- Changes in sleep patterns.
- Medical needs.
- Health concerns.
- Factors that may affect a child's energy levels or wellbeing.

Where staff have concerns about a child's tiredness, wellbeing or sleeping during the school day, these will be discussed with parents and carers and logged on My Concern, if necessary.

Staff Responsibilities

All staff understand the importance of promoting children's wellbeing through appropriate opportunities for rest and relaxation.

Staff will:

- Support children to recognise and communicate their needs.
- Provide a calm and nurturing environment.
- Supervise the quiet area appropriately.
- Respond sensitively to individual needs.
- Always follow safeguarding and health and safety procedures.

Review

This policy will be reviewed annually, following any significant incident, or whenever relevant guidance is updated.