

# MILES FRANKLIN PRIMARY SCHOOL

*Achieving Educational Excellence in a Caring Environment*

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## **Sleep/Rest & Relaxation Procedure**

**Reviewed by:** Monique Darragh

**Review date:** 12/10/23

**Next review:** 12/10/24

**Classification: Standard 2 (2.1.1.) Children's Health & Safety**

**Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.**

### **Sleep/rest/relaxation**

- (1) The approved provider of an education and care service must take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, development stages and individual needs of the children.
- (2) A nominated supervisor of an education and care service must take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, development stages and individual needs of the children.

### **Procedure:**

- Children are able to access areas and quiet restful spaces both in the indoor and outdoor learning environment at any time during the Preschool day.
- Quiet areas are resourced with blankets and cushions and washed as needed.
- Whole group relaxation experiences are implemented during the day for a short period of time and suited to the individual group of children's needs at the time.
- Children are encouraged to access relaxation time and restful spaces to develop their mindfulness skills and balance their emotions and levels of physical energy within the Preschool day.
- Children who have fallen asleep are made comfortable and safe where they are, within reason. Staff then monitor the child frequently and ensure they have direct line of sight and hearing distance so that educators can assess the child's breathing and colour of their skin to ensure their safety and wellbeing to the child asleep.
- A few examples of relaxation experiences include:
  - ☐ listening to music,
  - ☐ listening to an audio story,
  - ☐ reading books,
  - ☐ drawing,
  - ☐ completing puzzles,
  - ☐ having a rest time
  - ☐ doing yoga.

**Related Standards:** 2.1.1, 2.1.2, 2.2.1, 3.1.2

**Related Regulations:** 168(2)(a) /National Law section:165 & 167



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