



Hertford St Andrew C of E School

Safer Sleeping Policy

Approved by:	Headteacher	Date: 30.5.25
Last reviewed on:	30.5.25	
Next review due by:	May 2027	

Aims

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 in school due to age, development or additional needs.

Legislation

This policy is based on requirements set out in the 2021 statutory framework for the Early Years Foundation Stage (EYFS). It is expected that most sleeping in school will happen in EYFS.

Principles

At Hertford St Andrew school we promote healthy and safe practices in helping children sleep and rest. It is assumed that there may be children in EYFS who need sleep or rest in school. 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.
- Communication between the school and the family is promoted and this starts prior to child starting pre-school so information shared and routines established and agreed
- 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.

Responsibilities

School will ensure that anyone who supports a child sleeping or resting in school is an employee of the school and has had appropriate safeguarding checks and is aware of procedures and responsibilities for supporting children's sleep.

School will ensure that all staff are aware of the need for confidentiality. Personal and sensitive information will only be shared with those who need to know.

School will act according to HAS safeguarding policy and procedures if there are any concerns for the child's wellbeing. At all times the child's safety, dignity and wellbeing is promoted.

School will ensure that suitable facility and equipment are provided or designated places for sleep and rest.

School staff will work closely with parents to support children's sleep care, routines and rest so that continuity of support can be maintained between home and the setting. Staff will provide a positive climate to encourage parents to share information openly around the child's developing sleep needs or if a child is having difficulty with sleeping at home and this is impacting on their daily wellbeing in school.

Prior to starting, EYFS staff discuss children's sleeping needs and routines with families to provide consistency for the child. Information is recorded on the child's 'All about me' record. As the child continues and progresses in their development in Early Years, staff will continue to discuss and update the child's routine with the parent/carer.

Staff will always try to take account of Parents wishes when dealing with sleeping children. However unreasonable requests by parents/carers will be discussed with the SLT and alternatives sought e.g. Children going to sleep with bottles. We will not carry out requests of parents/carers if they feel that it could put the child in any danger.

Staff will not normally leave children to sleep for periods longer than one and a half hours unless requested or indicated by the parents/carers.

Staff will consider the religious views, beliefs and cultural values of the child and their family as far as possible when supporting children with sleep.

Practice

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light bedding and ensuring children are appropriately dressed for sleep to avoid over-heating
- Keeping all spaces around the child clear from objects that may fall and away from children's play.
- Staff will not leave children to sleep with bottles as this provides danger of choking and does not promote good dental health.
- Providing a designated safe sleeping surface to complete rest.
- If a child falls asleep in the room, staff will aim to make them comfortable and safe without disturbing them.
- Staff will encourage children to sleep in designated areas or quiet areas.
- A written record is kept of all support for sleeping. Sleeping children will be monitored by staff every 10 minutes. The time a child is put down to sleep, when they wake and ten-minute monitoring checks are recorded by staff. This information is available to parents at all times and will be checked periodically by the EYFS Lead/SLT.
- Staff will not normally leave children to sleep for periods longer than one and a half hours unless requested or indicated by the parents/carers.

Parent/ Carer Responsibilities

Parents must ensure they provide all relevant information with regards sleep for their child on entry to Early Years and as the child develops, so the child's needs can be met. This includes information about how long the child is to sleep, any routines for going to sleep or rising, any comforters requested, details of any health care professionals involved in supporting sleep or any problems or health care difficulties with sleep. If the child requires a comforter this must be in a sealed bag/pot labelled with the child's name.

Parents should work with their child's Key Person towards a shared and agreed plan which is recorded for care and support. Parents should work with the EYFS and Pastoral Team to support their child's healthy development.

Parents must ensure that the school always has their emergency contact details

Children in KS1 and KS2

All staff will follow the principles in this policy to maintain the safety, dignity and wellbeing of all children beyond EYFS.

It is not expected that children beyond EYFS will need to sleep in school and if a child needs to sleep unexpectedly, staff will first consider that they may be unwell. Illness procedures will then be followed.

If a child has medical, SEND or other needs that require sleep or rest in school, an Individual Health Care Plan is drawn up and the principles in this policy followed. The plan consults with parents and professionals and is regularly reviewed.

If a child is regularly falling asleep in school (on more than 2 occasions in a 2 week period or on more than 3 occasions over a half term), the SENCo and Family Worker will be involved. Parents will be consulted and support sought for the child and parents. If external professionals are working with the child or family, they will be informed and consulted for advice. Medical assessment will be recommended.

If there are no medical or diagnosed needs for sleep, and school are concerned about a child's tiredness in school, staff will follow safeguarding policy and practice. SLT will oversee management of the child's needs in school.

Unwell children

Children who are unwell will be given the highest supervision priority and monitored constantly. School will phone contact number 1 to request that the child be collected as soon as possible. The child's temperature will be taken regularly to avoid over-heating. Paediatric first aiders may be consulted and safeguarding policy will be followed.