

Stokesay Primary School



Safer Sleep Policy

RATIFICATION: Autumn 26

DATE OF NEXT REVIEW: Autumn 27

REVIEWED BY: Executive Headteacher

APPROVED BY: Local Governing Body

Sleep and Safe Sleep Policy

Stokesay Primary School

Introduction

At Stokesay Primary School, we recognise that young children, particularly those in our Two-Year-Old Room, may require sleep or rest during the school day as part of their normal developmental needs. We also recognise that children of all ages may fall asleep due to illness, fatigue, medical needs, special educational needs and disabilities (SEND), emotional regulation needs, or exceptional circumstances.

The school is committed to ensuring that any child who sleeps whilst in our care is supported safely, respectfully, and in accordance with safeguarding requirements, the Early Years Foundation Stage (EYFS) Statutory Framework, and current recognised safer sleep guidance. The safety, wellbeing, dignity, and individual needs of every child remain paramount at all times.

Aims

This policy aims to:

- Ensure children who sleep during the school day are supervised appropriately.
- Promote safe sleep practices within the Two-Year-Old Room.
- Reduce risks associated with sleeping in unsuitable positions or environments.
- Support children with identified SEND, medical, or wellbeing needs.
- Provide clear guidance for staff on responding to sleeping children.
- Ensure parents and carers are informed where appropriate.
- Promote consistent practice across the school.

Scope

This policy applies to:

- All children attending Stokesay Primary School.
- All staff working within the school.
- All areas of the school where a child may rest or sleep.

Additional procedures within this policy apply specifically to children attending the Two-Year-Old Room.

Responsibilities

Headteacher

The Headteacher will ensure that:

- Appropriate procedures are implemented.
- Staff receive relevant training and guidance.
- Individual risk assessments are completed where required.
- Safeguarding procedures are followed.
- Sleep arrangements within the Two-Year-Old Room meet EYFS requirements.

Staff

Staff must:

- Monitor sleeping children appropriately and regularly.
- Follow individual healthcare plans, SEND support plans, sleep plans, or risk assessments.
- Record and report concerns.
- Inform parents where necessary.
- Follow safer sleep guidance at all times.

Sleep Arrangements in the Two-Year-Old Room

Children in the Two-Year-Old Room may sleep as part of their usual daily routine.

The school will:

- Work in partnership with parents to understand each child's usual sleep patterns and needs.
- Record agreed sleep arrangements on admission and review them regularly.
- Provide suitable sleep mats or cots appropriate to the child's age and developmental stage.
- Ensure sleeping children are appropriately supervised at all times.
- Follow recognised safer sleep guidance.

Children will be placed to sleep in accordance with current safer sleep recommendations and any specific parental agreements or healthcare advice.

Safe Sleep Practice for Children Aged Two Years

For children in the Two-Year-Old Room:

- Children will normally be placed on their back to sleep unless alternative advice has been provided by a healthcare professional.
- Sleeping children will have their faces visible and unobstructed.
- Airway and breathing will remain unrestricted at all times.
- Rooms will be appropriately ventilated and maintained at a comfortable temperature.
- Bibs, scarves, cords, necklaces, and other items that could present a risk will be removed before sleep.
- No pillows, beanbags, soft bedding, or items that may obstruct breathing will be used unless identified through an individual risk assessment.
- Children will sleep in individual designated spaces with sufficient room around them.
- Sleeping children will never be left unsupervised.

Sleep Checks

Staff will:

- Carry out and record regular sleep checks at least every 10 minutes.
- Observe breathing, colour, temperature, positioning, and general wellbeing.
- Record the times children fall asleep and wake up.
- Respond immediately to any concerns.

If a Child Falls Asleep Unexpectedly

Where a child falls asleep unexpectedly outside planned sleep arrangements:

Staff will:

- Assess whether the child appears well or unwell.
- Keep the child under close supervision.
- Check for symptoms such as fever, lethargy, breathing difficulties, head injury, or altered responsiveness.
- Monitor the child regularly, including taking their temperature if illness is suspected.
- Follow school procedures for illness.
- Contact parents or carers where appropriate.

If staff have concerns regarding a child's responsiveness, consciousness, breathing, or medical condition, appropriate first aid procedures will be followed and emergency services contacted immediately where necessary.

Safe Sleep Environment

Where any child is sleeping:

- The environment must be safe, clean, and appropriately ventilated.
- The child's face and airway must remain visible and unobstructed.
- Sleeping children must be easily visible to staff.
- The area must be free from hazards.
- Children must never be left sleeping in isolated areas without supervision.
- Excessive clothing, coats, scarves, and items around the neck will be removed where appropriate.

Supervision of Sleeping Children

Sleeping children remain the responsibility of staff at all times.

Staff will:

- Maintain regular visual checks.
- Ensure the child can be seen and accessed quickly.
- Monitor breathing, colour, positioning, and general wellbeing.
- Record any concerns immediately.

Children must never be left sleeping:

- In unsupervised classrooms.
- In locked rooms.
- In vehicles.
- In positions where breathing may be restricted.

Children with SEND or Medical Needs

Some children may have identified needs that make periods of sleep or rest necessary.

Where appropriate:

- Individual risk assessments will be completed.
- Advice from parents, healthcare professionals, and specialist agencies will be sought.
- Reasonable adjustments will be implemented.
- Staff will follow any agreed healthcare plans or Education, Health and Care Plans (EHCPs).

This may include:

- Access to a quiet resting area.
- Additional supervision.
- Specific positioning requirements advised by healthcare professionals.
- Agreed sleep routines.

Communication with Parents and Carers

Parents and carers will be informed when:

- A child has slept unexpectedly for a significant period.
- Sleep is linked to illness or injury.
- Sleep patterns are causing concern.
- There are concerns regarding a child's wellbeing.

For children in the Two-Year-Old Room:

- Sleep times and durations will be shared with parents as part of routine daily communication.
- Sleep arrangements will be reviewed regularly with families.

Record Keeping

Staff will record:

- Sleep checks for children sleeping in the Two-Year-Old Room.
- Significant sleep episodes.
- Any concerns identified.
- Communication with parents where appropriate.

Records will be maintained in accordance with school policies and data protection requirements.

Safeguarding

Any unexplained excessive sleepiness, unusual presentation, repeated episodes of falling asleep, or concerns regarding a child's welfare will be considered within the school's safeguarding procedures.

Staff must report concerns immediately to the Designated Safeguarding Lead (DSL).

Monitoring and Review

This policy will be reviewed annually or sooner if:

- Legislation changes.
- EYFS requirements are updated.
- New safer sleep guidance is published.
- New safeguarding guidance is issued.
- School practice indicates a need for review.

Stokesay Primary School will continue to monitor developments in EYFS statutory guidance and recognised safer sleep recommendations to ensure best practice is maintained.