



LOSCOE C of E PRIMARY SCHOOL AND NURSERY

SAFER SLEEP POLICY

1. Introduction & Purpose

This Safer Sleep Policy provides a clear framework to ensure the health, safety and wellbeing of all children who require rest or sleep during the school day. We recognise that sleep and rest play an essential role in supporting children's development, emotional regulation and overall wellbeing. This policy is implemented in accordance with the Early Years Foundation Stage (EYFS) Statutory Framework and current NHS safer sleep guidance.

2. Safe Sleep Procedures and Environment Requirements

Children will rest or sleep only in designated safe sleep areas, equipped with a sleep mat, which provides a safe, firm and flat surface. Any child needing a rest/sleep will be placed down in a safe position on their backs. Sleep areas are kept free from hazards, loose items, soft toys and overheating risks. Staff consider temperature carefully and adjust clothing or layers when required. Hats or head coverings will be removed when a child is asleep to avoid overheating. If a light weight cover is needed, this is placed no higher than the shoulders and is firmly tucked in around the child, to prevent head covering. Covers and sleep equipment are kept clean, in good condition and age appropriate. These are washed after each use.

All sleeping children are checked every 10 minutes and checks are documented. Sleep areas are positioned safely within the classroom to ensure accessibility and visibility. The room temperature is monitored and maintained at a safe level. When a child falls asleep in a non-designated area, the child will be moved to a sleep area if possible or a sleep mat will be placed under them to provide a safe, firm and flat surface.

3. Supervision and Staffing

Staff remain within sight or hearing of sleeping children at all times. Adult-to-child ratios are maintained in accordance with EYFS requirements. Sleep records include the time the child fell asleep, the times of regular checks, room temperature checks, observations made during sleep and the time the child woke. Any concerns identified during sleep are recorded and reported to the EYFS Lead and parents as appropriate.

4. Designated Sleep Areas

Nursery: Designated sleep/rest areas are available within the provision in both sides of the nursery classroom. Depending on the time in the day when a sleep/rest is required, the quieter option will be chosen for a sleep mat to be placed and one member of staff will remain with the child in the area of the classroom.

Reception: A designated quiet rest space is available as required for individual children within the Rainbow 'Room', where a sleep mat is available.

5. Communication with Parents

Sleep needs and preferences are discussed on admission and our policy is shared with parents. Any changes in sleep patterns or concerns regarding wellbeing will be shared promptly with parents and carers.

6. Staff Training and Responsibilities

All EYFS staff are briefed on safer sleep as part of induction. This includes EYFS requirements, NHS guidance, sleep monitoring procedures, safe positioning, recording requirements and safeguarding responsibilities.

7. Roles and Responsibilities

The Headteacher ensures compliance. The EYFS Lead monitors implementation. Staff complete sleep checks and records. Governors monitor safeguarding compliance. Any concerns must be reported immediately to the EYFS Lead or DSL. The Designated Safeguarding Lead (DSL) will investigate and respond to any concerns relating to children's welfare during sleep periods.

8. Recording and Monitoring

Accurate sleep records will be maintained for all children who sleep or rest during the school day. Records will include the child's name, sleep start time, regular monitoring checks, room temperature, observations and wake time. Records will be stored in accordance with the school's data protection procedures and shared with parents/carers as appropriate.

9. Review of Policy

This policy will be reviewed annually (September 2027) or sooner if guidance changes, incidents occur, or amendments to EYFS requirements are introduced.