



SLEEP AND REST POLICY

Rationale:

To ensure there is a safe and secure place for a child to rest when he or she needs.

Sleep is an important part of a child's health and when a child needs rest they can comfortably do so.

Aim:

Kyabram P-12 College aim to meet each child's need for sleep and rest in a safe and caring manner that takes into consideration the preferences and practices of each child's family

Implementation:

Corner is set with pillows

- Short books for quiet time
- Comfortable room temperature
- Ask family/parent if child needs rest
- Relaxation and calm environment
- Supervision

Regulation 81, 103, 105, 110, 115

NQ2 QA2 2.1 ,2.1.3

Review:

This policy was reviewed in 2020 and will be reviewed every three years.

RATIFIED BY COLLEGE COUNCIL

College Council President

Date: 19/03/2020

Review Date: March 2023