

Grove Street Primary and Nursery School

Grove Street
Primary School



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Every child deserves a Champion

Safer Sleep & Rest Policy

Date of Policy	September 2026	Due for Review	September 2029
Headteacher Signature	Lisa Walsh	Chair of Governors Signature	Nicky Cornford

Grove Street Primary School

Safer Sleep and Rest Policy

Applies to: Children aged 2 years and above

Provision: Early Years and whole-school provision

Policy Statement

Grove Street Primary School recognises that sleep and rest are important to children's health, wellbeing and development. Some children may need to sleep or rest during the school day, including occasionally in KS1 or KS2.

The school will provide a safe, comfortable and appropriately supervised environment for any child who sleeps or rests during the school day.

For children in the Early Years, arrangements will meet the requirements of the **Early Years Foundation Stage (EYFS) Statutory Framework** and Department for Education safer-sleep guidance.

The same safer-sleep principles will be applied across the school whenever a child falls asleep, taking account of their age, individual needs and circumstances.

This policy applies to all staff responsible for children during sleep or rest periods.

Safer Sleep Arrangements

Grove Street Primary School will ensure that:

- children have access to a suitable and safe place to sleep or rest;
- children sleep on a **clear, flat and firm surface**, using the school's sleep mats where appropriate;
- each child has an appropriate designated sleeping space;
- sleeping children remain **within sight and hearing of staff**;
- sleeping children are **frequently checked to ensure they remain safe**;

- sleep areas are clean, safe, appropriately ventilated and maintained at a comfortable temperature;
- children are not routinely allowed to sleep on sofas, armchairs, beanbags or other unsuitable furniture;
- children's faces and airways remain clear;
- children are not at risk of becoming trapped, covered or falling;
- bedding or covers, where used, are clean, appropriate and not excessive;
- sleep mats and bedding are cleaned regularly and immediately following contamination.

Children will not be forced to sleep. Children who do not sleep will be offered an appropriate quiet activity or opportunity to rest.

If a child falls asleep somewhere other than their designated sleep space, staff will assess the situation and, where appropriate, move the child to a safe sleep mat or other suitable safe sleeping space as soon as reasonably practicable.

Supervision and Checks

An identified member of staff must always be responsible for sleeping children.

Staff must:

- maintain appropriate supervision;
- ensure children remain within sight and hearing;
- carry out frequent checks, considering the child's position, breathing, airway, temperature and any immediate risks;
- ensure appropriate supervision remains in place when responsibility is handed over.

The frequency of checks will be appropriate to the child's age, individual needs, SEND, medical conditions and any identified risks or professional advice.

Monitoring devices must not replace direct staff supervision and checks.

Individual Needs and Risk Assessment

Children's individual needs will be considered, including SEND, disabilities, medical conditions, mobility, communication needs and information from parents/carers or health professionals.

Where a child presents an increased risk while sleeping, an **individual risk assessment** will be completed.

Where a child has an Individual Healthcare Plan (IHP), staff will follow the relevant arrangements within it.

The school will maintain a risk assessment covering the sleep environment, sleep mats, supervision, staffing, hygiene, individual needs and emergency procedures.

The risk assessment will be reviewed annually and following any significant change, incident or change in a child's needs.

Health and Emergencies

If a child becomes unwell or there is concern about their breathing, responsiveness or wellbeing, staff will respond immediately, remain with the child and follow the school's first-aid and emergency procedures.

Emergency medical assistance will be sought where necessary, including contacting **999** where appropriate.

Parents/carers will be informed and incidents recorded in accordance with school procedures.

Sleep arrangements must not obstruct fire exits or prevent the safe evacuation of children.

Hygiene

Sleep mats will be kept clean, hygienic and in good condition and inspected regularly.

Mats and bedding will be cleaned when soiled or contaminated.

Staff will follow the school's infection prevention and control procedures when dealing with bodily fluids or contaminated bedding or equipment.

Safeguarding

Safer sleep forms part of the school's wider safeguarding and welfare responsibilities.

Any concerns about:

- unsafe sleeping arrangements;
- inadequate supervision;
- a child's health or wellbeing;
- unsafe practice by an adult; or
- failure to follow this policy

must be reported in accordance with the school's **Safeguarding and Child Protection Policy** and, where appropriate, whistleblowing procedures.

Staff Training

All staff responsible for children during sleep or rest will receive appropriate safer-sleep information and training.

Staff must understand:

- the school's sleep arrangements;
- supervision requirements;
- the requirement for frequent checks;
- the requirement for children to remain within sight and hearing;
- individual risk assessments and healthcare plans;
- what action to take if a child becomes unwell; and
- how to report concerns.

Training and guidance will be refreshed when necessary and following significant changes to statutory guidance or school procedures.

Parents and Carers

Parents/carers should share relevant information about their child's:

- sleep routine;
- health or medical conditions;
- SEND or additional needs;
- individual sleep needs; and
- any changes that may affect their sleep or wellbeing.

The school will share relevant concerns or significant changes in a child's sleep or wellbeing with parents/carers.

Monitoring and Review

The school will monitor the effectiveness of this policy through appropriate checks of the sleep environment, risk assessments, staff training, supervision arrangements and any incidents or concerns.

This policy will be reviewed at least annually and sooner if statutory guidance, the school's provision or children's individual needs change.

Relevant Guidance

This policy should be read alongside:

- **Early Years Foundation Stage (EYFS) Statutory Framework – Group and School-Based Providers**
- **Department for Education: Safer Sleep guidance for babies and children**
- Safeguarding and Child Protection Policy
- Health and Safety Policy
- First Aid and Medical Conditions Policy
- Fire Safety and Emergency Evacuation Procedures
- Infection Prevention and Control Procedures
- SEND Policy

This policy will be reviewed annually and formally updated every three years, or sooner if legislation or guidance changes.

