Broom Barns Primary School
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Sleep and Rest Policy

Date: April 2026

Aim

To communicate to parents our approach to sleep and rest opportunities for children at Broom Barns School and ensure that staff follow safe sleep guidelines when pupils are sleeping or resting.

We recognise that the welfare of the child is paramount and, therefore, there may, occasionally and in exceptional circumstances, be times when a pupil needs to rest or sleep in school time.

Rest Areas

There are suitable rest areas in all early years classrooms and cushions can be provided to make children comfortable. We do not encourage the use of comforters or blankets in school.

Procedures

- Staff are fully aware of the fact that children need rest and sleep in order to learn.
- Staff are aware of children's individual needs and routines and that they vary as they grow and develop.
- Where possible, a member of staff will sit with the child or children who are in the process of going to sleep. If this is not possible, they will be monitored at least every 10 minutes (see Appendix A).
- When children are collected, feedback about their sleep will be given to parents and carers verbally by a member of staff.
- In line with existing school procedures, a phone call will be made to parents/carers to arrange collection of a child that may have fallen asleep due to illness or from feeling unwell.
- Sleeping children will be checked on every ten minutes. Either the class teacher or lead MSA (at lunchtime) are responsible for ensuring that the sleep log is completed. Checking a child while sleeping should involve:
    - putting the back of their hand near to the child's mouth to feel for breath
    - visually checking breathing (chest rising)
    - looking to ensure child is comfortable but not in a position that may be dangerous
    - ensuring that each child is not too hot or too cold
    - where appropriate, ensuring that a child's comfort blanket is not wrapped incorrectly around the child
    - complete the log of checks (see Appendix A).

Appendix A – Sleep Log

A sleeping child should be checked at least every 10 minutes. If an adult is concerned about symptoms of illness, they may require a member of staff to sit with them and monitor more closely.

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Name		
Date		
Symptoms if child unwell		
Time Checked	**Description of additional symptoms/concerns**	**Initial**