

Sleeping Procedure

H&S Reg 46, HS9

Purpose

To ensure adequate space and facilities for undisturbed rest for kindergarten children attending more than four hours.

Guidelines – Kindergarten enrolled children

- Each kindergarten child who is enrolled for the afternoon in addition to the morning session has his or her own sheepskin or other non-porous sleep mat provided by his or her family. The sheepskin or other non-porous mat is returned to the family at the end of each term for washing.
- There is a specific time when all children rest in the main kindergarten classroom after lunch
- The bedding is arranged to enable access to every child in Kowhai / Rata/Koru Room
- The children are supervised at all times and do not have access to food or drink while resting
- Children are checked for warmth, breathing and general well-being at least every ten minutes
- Sleeping children have stands with cloths draped on them to form an enclosed area around them to provide undisturbed sleep
- If a child is disturbing the rest of others then they may be brought to rest in the staff room where they will also be supervised at all times
- The supervising teacher will record in each room the times when any child slept on the schedule attached to this procedure in the staff room. Parents will be advised if their child has slept during the session
- Sheepskins or non-porous mats are arranged in manner that respects tikanga (no feet pointing at heads) and with enough room for adults to freely move between children
- Rest is always supervised by a teacher

Name: Julie Maceod

Position: Head Teacher.

Signed: J. Maceod

Date: 8-8-2022.

Next review: 8-8-2025