John Blow Primary School

EYFS Sleep and Rest Policy

Policy created: 11th October 2026

Review date: September 2027

Approved by Full Governing Board: 11th November 2026

Purpose

At John Blow Primary School, we recognise that young children may need periods of rest during the school day. Rest supports children's health, wellbeing, emotional regulation and ability to learn. This policy outlines the arrangements for ensuring children can rest safely and comfortably when required.

Aims

We will:

- Meet the individual needs of children.
- Provide a safe and calm environment for rest.
- Work in partnership with parents and carers.
- Ensure children are appropriately supervised at all times.
- Promote children's health, wellbeing and learning.

Rest Arrangements

- Children who become tired or require rest during the school day will be offered a quiet rest area.
- Rest areas will be clean, comfortable, well-ventilated and appropriately supervised.
- Children will never be forced to sleep.
- Staff will respond to individual needs and recognise signs of tiredness or distress.
- Children resting will remain within sight or hearing of a member of staff at all times.

Supervision

- A member of staff will regularly monitor any child who is resting.
- Staff will ensure children's safety, comfort and wellbeing throughout the rest period.
- Sleeping children will be visually checked at regular intervals.
- Any concerns regarding a child's breathing, wellbeing or health will be acted upon immediately.

Communication with Parents

- Parents will be informed if their child regularly requires sleep during the school day.
- Where a child has ongoing sleep needs, arrangements will be discussed with parents to ensure consistency between home and school.

- Any concerns regarding a child's sleep patterns, wellbeing or development will be shared with parents.

Hygiene

- Rest mats, blankets and bedding (where used) will be kept clean and stored appropriately.
- Any items used by children will be cleaned regularly in line with school hygiene procedures.

Medical Needs

- Individual healthcare plans will be followed for children with medical conditions that may affect sleep or rest.
- Staff will be made aware of any relevant medical information provided by parents.

Safeguarding

- Children's safety and welfare remain paramount during rest periods.
- Children will remain appropriately supervised at all times.
- Any safeguarding concerns identified during rest periods will be reported immediately in line with the school's Safeguarding and Child Protection Policy.

Roles and Responsibilities

EYFS Staff

- Provide safe and appropriate opportunities for rest.
- Monitor and supervise children.
- Communicate with parents where necessary.
- Maintain a clean and safe environment.

Parents and Carers

- Share relevant information regarding their child's sleep needs.
- Inform the school of any medical or welfare concerns that may affect sleep or rest.

Monitoring and Review

This policy will be reviewed annually by the Headteacher and EYFS Lead, or sooner if guidance changes.

Appendix 1

Simple Staff Guidance

If a child is tired:

1. Offer the child the quiet rest area.
2. Ensure they are comfortable and supervised.
3. Check them regularly.
4. Record any significant or prolonged sleep.
5. Inform parents if sleep becomes frequent or causes concern.
6. Report any welfare or safeguarding concerns immediately.

Children must never be left unsupervised while resting or sleeping.