

# Hanley St Luke's Church of England Academy

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## EYFS Safe Sleep and Rest Policy

Date adopted	September 25
Date last reviewed	
Next review date	September 2026
Subject lead	Sarah Clay
Governor/Committee (where applicable)	Lisa Hall

### Our Vision:

**Jesus said: 'I have come that they may have life and have it to the full.'**

Promoting **life-long learning**  
 Developing **life-giving relationships**  
 Exploring **life-enhancing faith**  
 Inspiring **life-enriching aspiration**  
 Opportunities for life

### **Safe Sleeping and Rest Policy**

At Hanley St Luke's, we are committed to ensuring that all children, particularly infants and young children, have safe and comfortable sleep and rest periods. In line with the updated Early Years Foundation Stage (EYFS) statutory framework, effective from September 2025, we adhere to the following practices to promote safe sleeping and rest:

#### **Rest Time Practices:**

Individual Needs: Recognise and accommodate individual children's needs for rest, providing a calm and quiet environment.

**Supervision:** All children are supervised during rest times. Staff maintain sight and hearing of all children and ensure their safety and comfort at all times.

**Equipment:** Use age-appropriate sleeping equipment under supervision, ensuring they are in good condition and placed safely.

**Reception Children:** Children in Reception may be offered quiet time during the day, particularly after lunch or following high-energy activities. While formal naptimes are not typically required at this age, children are given the opportunity to lie down or relax in a calm environment if they show signs of tiredness.

### **Safe Sleeping**

If a child becomes unwell or unusually tired and requires a short rest:

A safe, supervised space is provided.

The child is monitored regularly.

Parents/carers are informed if a child has needed significant rest due to illness or fatigue.

### **Staff Training and Awareness**

All EYFS and KS1 staff are trained in child development and well-being. They understand the signs of tiredness and stress in young children and respond appropriately. Staff also follow updated guidance on safe and appropriate rest practices, in accordance with the EYFS changes effective from September 2025.

By adhering to these practices, we aim to provide a safe and supportive environment that promotes the well-being and development of all children in our care.