



Star of the Sea School

OSHC
Sleep and Rest Policy

Open Hearts Open Minds



SCHOOL VISION STATEMENT

Our school is built on the core values of respect, inclusivity, compassion, collaboration and honesty. We support our families as the first and foremost educators of their child's faith development. Our vision paves the way for educating students for the 21st century but also draws from our history and tradition.

We guide our learners to be self-managed, innovative and critical thinkers who have a strong sense of who they are and their relationship in their world. As a learning community, we value the skills necessary to build meaningful relationships and for learners to be connected to each opportunity to develop their own personal growth. We encourage our learners to question, explore and discover so they actively contribute to a more compassionate society.

PURPOSE

At Star of the Sea School OSHC, we believe that every child has the right to a safe, nurturing environment—an essential foundation for their growth, wellbeing, and learning.

We recognise that sleep and rest play a vital role in supporting the physical, emotional, and cognitive wellbeing of children. Ensuring that children have opportunities for adequate rest in a calm and comfortable environment is central to our care and aligns with our commitment to their overall health and safety.

While the primary responsibility for establishing sleep routines lies with families, our service is committed to supporting rest practices by providing flexible opportunities for relaxation, respecting individual needs, and creating a restful environment that nurtures each child's wellbeing.

As a Catholic school we operate in a wider community context where legal requirements exist and where they have an obligation to students.

POLICY STATEMENT

At Star of the Sea's OSHC service, we are committed to supporting the health and wellbeing of all children in our care. We recognise that periods of rest or sleep are essential for children's development and emotional regulation, and we aim to respond sensitively and appropriately when a child shows signs of tiredness.

Our service ensures that restful environments and practices are in place to meet children's individual needs, and that open communication with families occurs when rest or sleep needs are identified during care.

Children may require rest or sleep for a range of reasons, including:

- Young children (particularly those aged 4-5 years)
- Changes to routine or daily schedule
- Long attendance days (e.g., attending from early morning through to late afternoon)
- Signs of illness or fatigue
- Missed sleep from previous days

IMPLEMENTATION

To support children who need rest or sleep while attending OSHC, the following procedures will be followed by service staff:

- A designated quiet area (e.g., the stage space) will be available for children to lie down and rest or sleep.
- Soft furnishings such as pillows and blankets may be offered to ensure comfort.
- If a child appears unwell or unusually fatigued, a trained first aid officer will check their temperature and assess for any symptoms of illness. Families will be contacted if illness is suspected.
- Children who fall asleep will be allowed to rest uninterrupted for as long as needed.
- Families will be informed upon collection if their child has rested or slept during the session, including any relevant details.
- If a child regularly falls asleep at the service, educators will work in partnership with the family to determine the best course of action, taking into account family routines and the child's wellbeing.

ADDITIONAL CONSIDERATIONS

On Pupil Free Days and during Vacation Care, programming is designed to accommodate children's natural energy patterns. Most physical and structured activities are scheduled in the morning and immediately after lunch, with a designated quiet or "down time" from 3:00pm onwards to support rest and relaxation for children who have had an active day.

POLICY REVIEW

This policy will be reviewed annually to ensure it remains effective and relevant to the needs of our school community.

ACKNOWLEDGEMENT AND APPROVAL

This policy has been developed in consultation with staff, students, and the broader school community and was approved on _____.

REVISION RECORD

Implemented	November 2024
Ratified by School Board	
Last Reviewed	24 th June 2025
Next Review	June 2026