



# PATTERSON LAKES PRIMARY SCHOOL

No. 5190

Gladesville Boulevard Patterson Lakes 3197

Phone 9772 4011 Fax 9776 0421

Email: [patterson.lakes.ps@edumail.vic.gov.au](mailto:patterson.lakes.ps@edumail.vic.gov.au)

P.O. Box 330, Patterson Lakes, 3197

Principal: Carole Mayes

Website: <http://www.patterson-lakes-ps.vic.edu.au>

## OSHC - Sleep, Rest and Relaxation Policy

### RATIONALE

Effective sleep and rest strategies are important factors in ensuring a child feels secure and is safe at a service.

### AIM

To ensure the children are provided the opportunity to sleep, rest or relax regardless of the time of day in an environment in which they feel safe and secure.

### IMPLEMENTATION

Educators have a responsibility for ensuring that:

- Children are provided with a high level of safety when sleeping, resting or relaxing, every precaution is taken to protect them from harm and hazards.
- The service is provided with adequate equipment to allow for sleep, rest and relaxation.
- Children should sleep with their face uncovered.
- Children's sleep, rest, and relaxation area should be free from cigarette or tobacco smoke.
- Children will be visible to supervising educators.

### REFERENCES

Education and Care Services National Regulations 2011, Reg 168

[www.facs.gov.au](http://www.facs.gov.au)

[www.ncac.gov.au](http://www.ncac.gov.au)

### EVALUATION

This policy, along with all aspects of the Outside School Hours Care program, will be reviewed annually in consultation with the Program Manager, the Principal and Parent Users of the program.

Guidelines are updated annually and/or as per DET recommendations.

### CERTIFICATION

This policy was ratified at the School Council Meeting held at Patterson Lakes Primary School, March 21, 2018.

Signed.....

  
School Council President

Signed.....

  
Principal