



Epping Views Primary Outside School Hours Care REST TIME POLICY

Reviewed:	October 2019	Next Review Date: October 2020
Policy Owner:	Epping Views Primary School Age Care	
National Quality Standards (NQS)	2.1, 2.1.1, 2.2, 2.2.1	
Related Policies, regulations and laws	Relationships with Children Policy, Respect for Children Policy, Family Communication Policy ,Interaction with children, family and Staff Policy. Education and Care Services National Law Education and Care Services National Regulations. (2017). Early Childhood Australia Code of Ethics. (2016). Guide to the National Quality Standard. (2017). Revised National Quality Standard. (2018).	

PURPOSE:

The United Nations Convention on the Rights of the Child states that “all children have the right to relax and play” (My Time, Our Place: Framework for School Age Care, p. 4). Epping Views Primary School, Outside School Hours care service will cater for the needs of individual children who may require a rest after a busy school day.

Epping Views Primary School, Out of School Hours Care staff will ensure that all children have appropriate opportunities to rest and relax in accordance with their individual needs. Our Service has a duty of care, to ensure we respect and cater for each child’s specific needs.

PROCEDURE: Children have different sleep, rest and relaxation needs. Children of the same age can have different sleep patterns, that Nominated Supervisors and Educators need to consider within the Service. As per Standard 2.1 (Element 2.1.1) of the National Quality Standard, each child’s comfort must be provided for and there must be appropriate opportunities to meet each child’s sleep, rest and relaxation needs.

Epping Views Primary School OSHC Service defines ‘rest’ as a period of inactivity, calmness or tranquillity, and can include a child being in a state of rest and relaxation. Considering the busy and energetic nature of a child’s day, we feel that it is important for children to participate in a quiet/rest period after school if required, to rest, relax and recharge their body.

Our Service will consult with families about their child's individual needs, ensuring they are aware of the different values and parenting beliefs, cultural or opinions associated with sleep requirements.

STAFF WILL:

- Communicate with families about their child's rest time and observed requirements, if required.
- If a child requests a rest then there is a designated area for the child to be inactive and calm, away from the main group of children.
- The designated rest area may be a cushion, bean bag, or comfortable seat in a quiet section of the environment.