

## Harrison School Preschool Unit Safe Sleep and Rest Policy

- Effective sleep and rest strategies are important factors in ensuring a child feels secure and is safe.
- Educators ensure that children who **do not** wish to sleep are provided with alternative quiet activities and experiences, while those children who **do** wish to sleep are allowed to do so, without being disrupted.
- If a child requests a rest, or if they are showing clear signs of tiredness, regardless of the time of day, they are provided with a comfortable, safe area available for them to rest (if required).
- Educators have a duty of care to ensure children are provided with a high level of safety when sleeping and resting and every reasonable precaution is taken to protect them from harm and hazard.
- Educators consult with families about their child's individual needs and are sensitive to different values and parenting beliefs, cultural or otherwise, associated with sleep and rest. This occurs through information exchange at scheduled meetings or via informal discussion at collection and drop off times.
- Harrison Preschool recognises that children have different sleep, rest and relaxation needs. Children of the same age can have different sleep patterns. Flexible arrangements exist regarding collective rest time.

As per Standard 2.1 (element 2.1.2) 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. This is accommodated at Harrison Preschool in the following ways:

- Access to personal provisions for rest including a towel and a small cushion stored in a calico bag
- Provision of opportunity for rest areas both indoors and outdoors
- Active response to a child's request for rest
- Access to soft furnishings including couches, mats, soft chairs, and cushions to support rest and relaxation
- Quiet areas for rest that can be adequately supervised that accommodate individual rest requirements.

## Harrison Preschool Rest Provision Pack 2019

In response to element 2.1.2 in the National Quality Standard, Harrison Preschool will provide a personal rest provision pack for each child that will be accessible to them during their scheduled attendance at preschool.

To cover the purchase of the items required for each pack, we are requesting a financial contribution of ten dollars (\$10.00) per child. Goods will be returned to families for washing intermittently throughout the year and the bags and their contents will be returned to all families at the conclusion of the school year.

The following items will be provided upon receipt of payment:



Contribution towards  
a storage hook



- 1 small soft cushion
- 1 bath towel that can be used to lay on top of or as a cover. The size allows for ease of packing and unpacking and can be easily washed.
- 1 storage hook per child will be attached to inside classroom walls for each child's bag
- 1 calico bag to house personal belongings

Could you please complete and return the following information with the financial contribution for your child so that items can be purchased by the return date.

If you have any concerns, please contact the school on 6142 2200. While all contributions are voluntary, we welcome the support of our parent community so that this is a viable option for all students. If you have concerns about the payment, please contact the Corporate Manager, Debbie Carne at [info@harrison.act.edu.au](mailto:info@harrison.act.edu.au)

We thank you for your co-operation,  
The Early Years Teaching Team  
3 June 2019

## Harrison Preschool Rest Provision Pack 2019

Child's Name:

---

Child's Teacher:

---

Preschool Group:

---

I have read and understood the information provided.

I understand that the ten dollar financial contribution will cover the cost of the following items which (where possible) will be returned to me at the end of the preschool year:

- 1 small cushion (each child to have their own for health reasons)
- 1 bath towel (to be used to lay on during rest times or as a cover)
- 1 calico bag (to house all personal rest items)
- The cost of a hanging hook for storage

I have enclosed the amount of \$10.00

Parent/Carer Signature: \_\_\_\_\_

Date: \_\_\_\_\_

FEE CODE: PRE REST