



WJPS Safe Sleeping Policy

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At West Jesmond we do not have scheduled sleep sessions for our children. However, some children may fall asleep during the school day due to illness, fatigue, medical needs, special educational needs and disabilities (SEND), emotional regulation needs, or exceptional circumstances. We know that some children may have identified needs that make periods of sleep or rest necessary.

We are committed to ensuring that any child who falls asleep whilst in our care is supported safely, respectfully, and in accordance with safeguarding requirements, EYFS statutory requirements, and recognised safer sleep guidance. The safety, wellbeing, dignity, and individual needs of each child remain paramount at all times.

Aims

This policy aims to:

- Ensure children who fall asleep during the school day are supervised appropriately.
- Reduce risks associated with sleeping in unsuitable positions or environments.
- Support children with identified SEND, medical, or wellbeing needs.
- Provide clear guidance for staff on responding to sleeping children.
- Ensure parents and carers are informed where appropriate.
- Promote consistent practice across the school.

Responsibilities

The Headteacher will ensure:

- Appropriate procedures are implemented.
- Staff receive relevant training.
- Risk assessments are completed where required.
- Safeguarding procedures are followed.

Staff Responsibilities

Supervision of Sleeping Children Sleeping children remains the responsibility of staff at all times.

Staff must:

- Monitor sleeping children appropriately and regularly at least every 10 minutes
- Ensure children are always in a supervised place under staff supervision
- Monitor breathing, temperature and general wellbeing.
- Record and report concerns.
- Inform parents necessary a child falls asleep unexpectedly or due to illness.

Creating A Safe Sleep Environment

Where a child is sleeping:

- Sleeping children must not be left in isolated areas without supervision.
- The environment should be safe and appropriately ventilated.
- The child should be positioned in a manner that allows unrestricted breathing.
- Covers are used no higher than the child's shoulders.
- The child's face and airway must remain visible and unobstructed.
- Excessive clothing, coats, scarves, or items around the neck will be removed where appropriate.
- Temperature is considered carefully; staff will adjust clothing or layers to maintain comfort without risk of overheating.
- The area around the child should be free from hazards.

Children must never be left sleeping:

- In unsupervised classrooms.
- In locked rooms.
- In vehicles.
- In positions where breathing may be restricted.

Assessing Reasons For Sleep

- Staff will assess whether the child appears well/ill.
- Check for symptoms such as fever, lethargy, breathing difficulties, head injury, or altered responsiveness.
- If staff have concerns regarding illness, injury, responsiveness, breathing, or wellbeing, appropriate first aid and safeguarding procedures will be followed immediately.
- Follow school procedures for illness.
- Emergency services will be contacted immediately if staff have concerns regarding a child's consciousness, breathing, or medical condition.

Staff Working In EYFS (Reception)

All staff working with children in Reception must be made aware of the Safer Sleep Policy as part of their induction. This training ensures that all practitioners understand the importance of safe sleep practices, current NHS and EYFS guidance, and their responsibilities when supervising sleeping children.

Training will include:

- Understanding the EYFS Statutory Framework, particularly section 3.84
- Familiarity with NHS safer sleep guidance (SIDS prevention)
- The setting's specific procedures, including:
 - Sleep area setup
 - Monitoring and 10-minute checks
 - Correct sleep positioning
 - Temperature and clothing considerations
 - Recording and documenting sleep
- Recognising signs of distress, overheating, or unsafe sleep environments
- Procedures for what to do if concerns arise

Individual Children's Sleep Requirements:

- Individual risk assessments will be completed.
- A safe sleeping area will be identified in EYFS and for any individuals identified as needing sleep during the day.
- Advice from parents, healthcare professionals, and specialist agencies will be sought.
- Reasonable adjustments will be implemented.
- Staff will follow any agreed healthcare plans or education, health and care plans (EHCPs).

This may include:

- Additional supervision.
- Specific positioning requirements advised by healthcare professionals.

Breakfast and After School Club

Children may be tired at the start or the end of the day and all staff need to be vigilant about children falling asleep. The guidance and instruction in this policy applies at all times in our school.

- Staff should be aware of EYFS guidance and NHS Safer Sleeping guidance.
- Safe sleeping places within the club are identified and known by all staff.
- All children who fall asleep must be supervised and checked every 10 minutes.
- Guidance about a safe sleeping environment, communication with parents and record keeping must be followed.

Communication with Parents and Carers

Parents and carers will be informed when:

- A child has slept unexpectedly for a significant period.
- Sleep is linked to illness or injury.
- Sleep patterns are causing concern and/or regular interrupted learning.

Where sleep is part of an agreed SEND or medical provision, arrangements will be discussed and reviewed regularly with parents.

Record Keeping

Staff should record:

- Significant sleep episodes.
- Any concerns identified. Records will be maintained in accordance with school policies and data protection requirements.

Safeguarding

Any unexplained excessive sleepiness, unusual presentation, repeated episodes of falling asleep, or concerns regarding a child's welfare will be considered within the school's safeguarding procedures. Staff must report concerns to the Designated Safeguarding Lead (DSL). Monitoring and Review

Training

ASC Early years staff and any staff working with individuals who are working with children who may sleep during the school day should read NHS advice on [Sudden infant death syndrome \(SIDS\) – NHS](#).

More information on safer sleep guidance is available from [The Lullaby Trust](#).

Review of Policy

This policy will be reviewed annually or earlier if:

- Updated government guidance is released.
- Changes are made to EYFS requirements.
- Concerns or incidents highlight the need for amendments.