



Wesley Out of School Hours Care policy

Sleep and Rest

1. Purpose

Wesley Out of School Hours Care (Wesley OOSH) acknowledges the importance of the effective rest in ensuring a child feels safe, secure and comfortable in the service environment.

2. Scope

This policy applies to the staff, clients and visitors of Wesley OOSH as required by the following Regulations and Standards.

National Quality Standard

QA2	2.1	Each child's health is promoted
	2.1.1	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation
	2.2	Each child is protected
	2.2.1	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard

National Law(s) and National Regulations (r)

r81	Sleep and rest
s165	Offence to inadequately supervise children
s167	Offence relating to protection of children from harm and hazards

My Time, Our Place

LO3	Children have a strong sense of wellbeing
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3. Policy statement

Wesley OOSH will ensure that areas for rest needs are provided, in line with the child's need to be inactive and calm, away from the main group of children.

4. Principles

Wesley OOSH aims to provide children needing rest with a safe and comfortable resting environment. Children will have a range of both active and restful experiences throughout the program. In the situation of child feeling unwell, Wesley OOSH will refer to the Incident, Illness, Injury and Trauma policy for additional information, and will encourage the child to rest while waiting for collection by a parent/guardian. Parents will be contacted immediately to make arrangements to collect the child as soon as possible.



Wesley OOSH will ensure a rest or sleep is space available to children at all times, with the highest hygiene standards and conditions (room temperature, airflow, noise and lighting) conducive to sleep and rest where possible.

5. Responsibility and policy owner

The policy owner is the General Manager, Wesley Health, Conferences and Education. The owner is responsible for implementing the policy and achieving the desired outcomes. Wesley OOSH staff shall adhere to this policy.

6. Consultation & Approval

This policy has been developed in consultation with the Program Manager, Wesley OOSH, Senior Coordinator, Wesley OOSH, Area Coordinator/s, Wesley OOSH, Centre Coordinator/s, Wesley OOSH & the Quality, Risk and Compliance Specialist, Wesley Conferences and Recreation.

This policy has been approved by General Manager, Wesley Health, Conferences and Education.