

SHIREMOOR PRIMARY SCHOOL SAFER SLEEP POLICY



Safer Sleeping – Unexpected Sleep or Drowsiness

Shiremoor Primary School does not routinely provide or plan sleep periods for children in Nursery or Reception. However, if a child unexpectedly falls asleep or becomes unusually drowsy during the school day, staff will prioritise the child's safety and wellbeing.

Staff will:

- Consider whether the child is unwell or displaying any unusual symptoms or behaviour and follow the school's first aid and medical procedures where appropriate.
- Gently rouse the child and assess their level of responsiveness. A child who is unusually difficult to rouse will not simply be left to sleep.
- Where the child is well and responsive, consider whether there is an obvious reason for tiredness and encourage them to remain awake where appropriate.
- If a child does fall asleep, ensure they are in a safe, appropriate and supervised place and continue to monitor them.
- Contact parents/carers where sleep is unexpected, prolonged or unusual for the child, or where there are concerns about their health or wellbeing.
- Record and report any significant concerns in line with the school's existing first aid, safeguarding and recording procedures.

Legislation

Early Years Foundation Stage (EYFS) Framework.