



**Bankside
Primary School**

Putting down strong roots for success

Safer Sleep Policy

2026 - 2027

Bankside Primary School

Version & Date of Last Review: September 2026	Approved by Governors (date): September 2026
Authorised by: V. Broughton	
Review Date: July 2027	

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1) Aims

The sleep policy aims to provide a clear framework to ensure the health, safety and wellbeing of all children who require support to sleep or rest whilst at school.

2. Legislation

This policy is based on requirements set out in the 2021 statutory framework for the Early Years Foundation Stage (EYFS).

3. Bankside Principles

At Bankside we promote healthy and safe practices in helping children sleep and rest. We will ensure:

- Supporting children's sleep is the responsibility of all DBS checked and approved staff for children in their care.
- Children's individual needs are identified and met.
- Children's right to health, safety and wellbeing are met.
- Family's cultural preferences are considered.
- Sleeping and resting in school is a positive experience, both the child and the family feel supported throughout.
- Communication between the School and the family is promoted and this starts prior to child starting school so information shared and routines established and agreed
- Consistency of care as far as possible
- Families are provided with information or signposted to sources of further information or services to support sleep and bedtime routines if required.

4. Responsibilities and procedures

4.1 Staff and safeguarding

The School will ensure that anyone who supports a child sleeping or resting is an employee of the school and has had appropriate safeguarding checks and is aware of procedures and responsibilities for supporting children's sleep. Personal and sensitive information will only be shared with those who need to know.

Staff will act according to Bankside Primary School safeguarding policy and procedures if there are any concerns for the child's wellbeing. At all times the child's safety, dignity and wellbeing is promoted.

4.2 Equipment and safety

Bankside Primary School will ensure that suitable facility and equipment are provided or designated places for sleep and rest.

Staff will encourage children to sleep in designated areas or quiet areas. Children will always be placed on a **safe sleep mat/flat surface**. Staff will not normally leave children to

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sleep for periods longer than 30 minutes unless requested or indicated by the parents/carers.

Staff will not leave children to sleep with bottles as this provides danger of choking and does not promote good dental health.

4.3 Parents and school

Staff work closely with parents to support children's sleep care, routines and rest so that continuity of support can be maintained between home and school.

Staff will provide a positive climate to encourage parents to share information openly around the child's developing sleep needs or if a child is having difficulty with sleeping at home and this is impacting on their daily wellbeing.

Prior to starting school we discuss children's sleeping needs and routines with families to provide consistency for the child. Information is recorded on the home visit record.

Families are supported by staff to understand the health and safety procedures for supporting rest and sleep. Staff will always try to take account of Parents wishes when dealing with sleeping children. However unreasonable requests by parents/carers will be discussed with the Managers and alternatives sought e.g. Children going to sleep with bottles. We will not carry out requests of parents/carers if they feel that it could put the child in any danger.

4.4 Recording and checks

Written records are kept of all support for sleeping. Sleeping children will be monitored by staff every 10 minutes The time a child is put down to sleep, when they wake and ten minute monitoring checks are recorded by staff. This information is available to parents/carers at all times and will be checked periodically by the Head of Year.

4.5 School's responsibilities for supporting parents with children's sleep

For some parents/carers and families developing sleep routines so the child has adequate rest can be daunting and difficult and can impact on the child's wellbeing at nursery. Parents will be provided with information or signposted to support such as Health visitors.

4.6 School Staff responsibilities in supporting positive self esteem

Early Years staff will work with the child to promote a positive self- esteem and independence with sleep as far as is appropriate and practical. Early Years staff will remain calm and offer a supportive approach to children at all times. Staff will approach children quietly and calmly regarding the need to sleep being mindful of the child's engagement in play. Staff will be alert and responsive to a child's needs if showing signs of tiredness. All staff should promote regular encouragement for a child needing and settling to sleep and ensure the child is praised for following routine, helping and co-operating and being independent in getting ready for sleep or on rising.

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5. Governor Responsibilities

The governing body will ensure this policy is monitored and reviewed at least every three years.

6. Parent/ Carer Responsibilities

Parent /Carers must ensure they provide all relevant information with regards sleep for their child on entry to school and as the child develops, so the child's needs can be met. This includes information about how long the child is to sleep, any routines for going to sleep or rising, any comforters requested, details of any health care professionals involved in supporting sleep or any problems or health care difficulties with sleep. If the child requires a comforter this must be in a sealed bag/pot labelled with the child's name. Parents/carers should work with their child's Key Person towards a shared and agreed plan which is recorded for care and support. Parents/carers must ensure that school always has their emergency contact details.

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