

Fairchildes Academy Community Trust (FACT)

Safer Sleeping Policy

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Introduction

At Fairchildes Academy Community Trust (FACT), we recognise that every child deserves to feel safe, secure and cared for throughout the school day. Rest and sleep are important to children's health, wellbeing and development. We are committed to ensuring that, where children sleep on school premises, suitable arrangements are in place to promote their safety and individual needs.

This policy applies to all children aged 2–11 attending schools within Fairchildes Academy Community Trust (FACT). Whilst the primary focus is on children within the Early Years Foundation Stage, we recognise that children throughout the school may occasionally require rest or sleep due to illness, medical conditions or individual needs. We are committed to ensuring that appropriate supervision, monitoring and safe sleeping arrangements are in place for all children, regardless of age.

This policy reflects the Statutory Framework for the Early Years Foundation Stage for group and school-based providers (2026), including the safer sleep requirements effective from 1st September 2026. It is informed by the Department for Education's Safer Sleep guidance, developed with The Lullaby Trust, and should be read alongside the Trust's EYFS, Safeguarding, Health and Safety, First Aid and Supporting Pupils with Medical Conditions policies.

Aims and Objectives

Across the Trust, our aim is to provide safe, calm and appropriate opportunities for rest and sleep, while ensuring that children are supervised and their wellbeing is monitored. Arrangements will be responsive to each child's age, developmental stage, health and individual needs, and will be discussed with parents/carers where appropriate.

Sleeping Arrangements in the Early Years

Practitioners will provide a suitable, clean and safe sleeping environment, with sleep spaces and bedding appropriate to each child's age, developmental stage and individual needs. Children will not be left to sleep on sofas, armchairs or other unsuitable soft furnishings. Sleep spaces will be kept clear of unnecessary items, and children will be protected from overheating or becoming too cold. Where appropriate and safe to do so, children may have a small, familiar comfort object (such as a specific comforter or soft toy provided from home) to help them settle and sleep, provided it is checked by staff to ensure it poses no suffocation, strangulation, or choking risk.

Where children require sleep during the school day, suitable, clean, firm and flat sleeping mats or mattresses will be provided in a designated, appropriately supervised area. Each child will have sufficient space to rest comfortably and safely, with bedding appropriate to their individual needs.

FACT does not routinely timetable sleep periods. However, we recognise that some children, particularly those aged two attending full-day provision, may require an afternoon sleep. Practitioners will respond sensitively to children's individual needs, working closely with parents/carers to understand their usual sleep routines and any relevant medical considerations.Each child's EYFS keyworker must be familiar with their key children's individual sleeping patterns, preferences, and comfort items, ensuring this information is recorded and shared with relevant staff.

All sleeping arrangements will be appropriately supervised and monitored in accordance with the Trust's safer sleeping procedures.

Supervision and Monitoring

Across FACT, the safety and wellbeing of sleeping children remains a priority. Children will be appropriately supervised throughout any period of sleep, with monitoring arrangements reflecting their age, developmental stage and individual needs.

<u>For children within the Early Years Foundation Stage:</u>

- A designated member of staff (and/or the child's keyworker) will be responsible for supervising and monitoring sleeping children.

- Sleeping children must remain within sight and hearing of staff at all times.
- Staff will undertake and record physical visual checks at least every 10 minutes, or more frequently where a child's individual needs require this.
- These checks must be carried out by a designated member of staff who will approach the child and closely observe their breathing, sleeping position, skin colour, temperature and general appearance to ensure they are safe and comfortable.
- Checks will be recorded on a Safer Sleeping Monitoring Log, detailing the child's name, time they went to sleep, time of each check, initials of the staff member and the time they woke.
- Any concerns regarding a child's breathing, responsiveness or general wellbeing must be acted upon immediately, following the Trust's First Aid, Medical and Safeguarding procedures.

For children outside the Early Years Foundation Stage:
Where older pupils require rest or sleep due to medical conditions, illness or individual needs, a designated member of staff will ensure that they are appropriately supervised and monitored. The frequency of checks will be determined by the child's individual needs, risk assessment and any relevant healthcare plan.
Where a child becomes unwell during the school day, staff will follow the Trust's First Aid and Medical procedures, including contacting parents/carers and seeking medical assistance where appropriate. Children who are unwell must not be left to sleep without appropriate assessment and supervision.

Wraparound Care (Breakfast and Afterschool Clubs)**:**

- Clean, firm, and flat sleep mats must be readily available for children attending breakfast club and afterschool club who feel tired or require rest before or after the school day.
- All safer sleeping principles—including keeping sleep spaces clear of hazards, continuous sight-and-hearing supervision, and recording checks on the Safer Sleeping Monitoring Log (for EYFS children)—apply equally during wraparound care sessions.

Recording and Communication

A Safer Sleeping Monitoring Log will be completed whenever a child within the EYFS sleeps during the school day (including wraparound care). EYFS keyworkers will maintain an up-to-date record of each child's usual sleep pattern and share daily sleep logs with parents/carers at collection.
For older children, monitoring and any relevant medical observations will be recorded in accordance with the child's individual healthcare plan or the school's medical procedures.
Parents/carers will be informed of any significant changes to their child's usual sleep patterns or any concerns regarding their wellbeing.

Children with Medical Needs or Illness

There may be occasions when children beyond the Early Years require rest or sleep during the school day due to a medical condition, disability, fatigue or illness. In these circumstances, arrangements will be considered individually and agreed with parents/carers and relevant professionals where appropriate. Staff will follow any individual healthcare plan and associated risk assessment.
A child who becomes unwell during the school day will be assessed and supported in accordance with the Trust's first aid and illness procedures. Parents/carers will be contacted as appropriate.
Any child resting or sleeping on school premises must be supervised and frequently monitored. The location must be suitable, safe and accessible to staff, with appropriate consideration given to the child's privacy, dignity and medical needs. A sleeping child must not be left alone in an unsupervised room.

Partnership with Parents and Carers

We recognise that children have different rest and sleep routines. Practitioners and keyworkers will work closely with parents/carers to understand individual needs, including any relevant health information, established routines, familiar comfort objects and concerns. Families will be informed where a child has required significant or unexpected sleep during the school day, particularly where this may indicate illness or a change in wellbeing.

Roles and Responsibilities

School leaders will ensure that suitable arrangements, equipment (including sleep mats for wraparound care)and staff guidance are in place. Practitioners and other staff are responsible for following this policy, supervising sleeping children, carrying out welfare checks and reporting concerns promptly. EYFS keyworkers are specifically responsible for knowing, logging, and communicating their key children's sleep patterns. Any safeguarding concerns must be reported in accordance with the Trust's safeguarding procedures.

Monitoring and Evaluation

Implementation of this policy will be monitored by school leaders and the Trust's Early Years Lead. Arrangements will be reviewed in response to changes in statutory guidance, identified risks, incidents or individual children's needs. This policy will be reviewed annually, or sooner where necessary.

Related Guidance

Department for Education: EYFS Statutory Framework for Group and School-Based Providers (effective 1 September 2026).
Department for Education and The Lullaby Trust: Safer Sleep – help-for-early-years-providers.education.gov.uk/health-and-wellbeing/safer-sleep

This policy will be reviewed annually, or sooner if statutory guidance or Trust priorities require revision.