St Paul's C of E Primary School

Safer Sleeping Policy

Revised and adopted by the Governing Body September 2026**Review**

Review Date: September 2027

Introduction

At St Paul's CE Primary School, we recognise that 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.

Although the school does not operate scheduled sleep or nap sessions, 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.

Scope

This policy applies to:

- All children aged 3–11 years.
- All staff (not including non-teaching students).
- All areas of the school where a child may rest or fall asleep.

Responsibilities

Headteacher

The Headteacher will ensure:

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

Staff

Staff must:

- Monitor sleeping children appropriately and regularly.
- Follow individual healthcare plans, SEND support plans, or risk assessments.
- Record and report concerns.
- Inform parents where necessary.

If a child falls asleep unexpectedly or due to illness:

- Staff will assess whether the child appears well/ill.
- The child will remain under appropriate supervision.
- Check for symptoms such as fever, lethargy, breathing difficulties, head injury, or altered responsiveness.
- A child's temperature will be taken every 15 minutes regardless if temperature remains normal.
- 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.
- Contact parents or carers.

Emergency services will be contacted immediately if staff have concerns regarding a child's consciousness, breathing, or medical condition.

Safe Sleep Environment

Where a child is sleeping:

- The environment should be safe and appropriately ventilated.
- The child should be positioned in a manner that allows unrestricted breathing.
- 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.
- Sleeping children must not be left in isolated areas without supervision.
- The area around the child should be free from hazards.

Supervision of Sleeping Children

Sleeping children remain the responsibility of staff at all times.

Staff will:

- Maintain regular visual checks.
- Ensure the child can be seen and accessed quickly.
- Monitor breathing, colour, and general wellbeing.
- Take the temperature of the child every 15 minutes.
- Record any concerns immediately.

Children must never be left sleeping:

- In unsupervised classrooms.
- In locked rooms.
- In parked vehicle.

- In positions where breathing may be restricted.

Children with SEND or Medical Needs

Some children may have identified needs that make periods of sleep or rest necessary.

Where appropriate:

- Individual risk assessments will be completed.
- 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:

- Access to a quiet resting area.
- Additional supervision.
- Specific positioning requirements advised by healthcare professionals.

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

This policy will be reviewed annually or sooner if:

- Legislation changes.
- EYFS requirements are updated.
- New safeguarding guidance is published.
- School practice indicates a need for review.

The school will continue to monitor developments in EYFS statutory guidance and recognised safer sleep recommendations.

Appendix A:

Checklist for classrooms



Appendix B: Sleeping child record

Child's Name	Date	time fell asleep	Time of 15 minute check				time woke up	additional comments	parents informed
			1	2	3	4			