



Schools for Every Child

Shared Moral rooting- The driving force that gives ethical and moral validity to the organisation. A higher purpose that can be relied upon to drive the organisation. A rooting is long lasting and outlives the wishes of one individual or another.

- [UNICEF rights of child](#)

Shared Values- Actions and things we do day to day; we live our values to get to our vision:

- Altruistic- Doing good things whenever, however and to whoever you can
- Pioneering- striving to discover new things and exceed expectations
- Ethical- Making conscious decisions to be kind and fair

Shared Vision- an aspiration for the future. This holds the different parts of the organisation together. The shared vision is something each part works towards, in its own way. Specific enough that it stands you apart from others in the same field.

- Nurturing Brilliance, Guiding Exploration, Cultivating Respect- a committed journey to put every learner's individuality, curiosity, and dignity at the forefront of the world that awaits.



NURSERY POLICY – SLEEP AND REST

Rayleigh Primary School is a Rights Respecting School. Our policies are underpinned by the UNCRC.

UNICEF Article 28(right to an education)

- *Every child has a right to an education. Children's human dignity. Wealthy countries must help poorer countries achieve this. Article 29(goals of education)Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures, and the environment.*

Creation Date	November 2024
Review Date	

Sleep and rest are vital for children as it is the primary activity of the brain during early development. Sleep is an important part of a healthy lifestyle and helps your little one achieve their full potential, as it directly impacts their mental and physical development. This policy ensures that children are safe and comfortable whilst they are asleep within Rayleigh Primary School's Nursery.

The roles and responsibilities of the nursery are to:

- Ensure that all nursery staff adhere to this sleep and rest policy.
- Staff will work with parents/carers to ensure that each child's individual sleep routine is met, reviewed, and updated regularly and communicate this effectively.
- Staff will not force a child to sleep, wake or keep them awake against their will.

Our nursery staff will:

- Carry out regular checks on all sleeping children and record these checks.
- Ensure mobile children sleeping on sleep mats or within the sleeping area are within sight and hearing range.
- Provide children with appropriate resources for sleep bedding and store it securely, where possible.
- Maintain clean and hygienic sleeping areas, beds/mats and bedding.
- Only use safety approved mattresses and immediately remove any that are deemed unsafe.

Procedures for sleeping at nursery

- Wherever possible, lights will be turned off or dimmed for sleeping children within the specifically allocated area.
- The nursery will not have a designated time for sleep. Children should be encouraged, but not forced, to lie down and rest.
- If a child doesn't start to sleep within 10 minutes, they can choose to resume playing.
- Nursery staff will not spend excessive time trying to get children to sleep.
- Children will not be placed in unsuitable places or equipment to sleep.
- Children can be placed outside to sleep in safe, sheltered area providing staff adhere to all relevant procedures and a risk assessment is completed.
- Older children who no longer need to sleep during the day will still have access to a calm, quiet area.