



Hughes Primary School

Learning for Life



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Sleep and Rest Procedure

Purpose

Hughes Preschool recognises that every child is unique. All children have the opportunity for sleep or rest during the day if they require it. Sleep and rest are important for physical recuperation and growth, the immune system and brain development.

Procedure

- Parents and carers are asked to share their child's individual rest requirements, and any cultural needs, as part of the getting to know you interview before they start preschool.
- To accommodate each child's unique requirements, the learning environment is organised so that the children can choose to have some quiet time (reading books, drawing, or listening to music).
- The outside learning environment embodies the belief that children should be able to choose if they need time to relax and rest.
- A quiet table and mat areas in the 'cubby house' have been arranged to facilitate/support any child's need for a quiet space to relax and rest.
- The daily routine is designed so there are periods in the day where all the children are given time to sit quietly or lie down as they look at and share books, at the end of the morning session. 'Reflection time', which allows those children who are resting to continue relaxing, as part of the group.
- The end of every day includes a quiet story and reflection time.
- The children are also introduced to yoga and relaxation techniques, as part of whole group experiences.