



Curtin Primary School



Curtin Primary School is an inclusive, innovative and supportive learning community that fosters lifelong opportunities, success and a love of learning for every individual in our school.

Sleep and Rest Procedures

Purpose

Curtin Preschools ensure that 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

- Educators will learn from families how to identify individual children's signals for tiredness. This will be discussed at the initial interview at the commencement of preschool and throughout the year as required. physical activity.
- Children will be provided with a safe and comfortable place to sleep/rest at any time of the day as required.
- Educators will model to children how to respect that some of their peers may need to sleep.
- Opportunities will be given for all children to have a quiet time during the day: they might be provided with books or other quiet material. After a short space of personal rest the children may be moved to quiet activities such as table activities, story reading or writing activities.