

DSM Policy

Rest Time OSHC

Deutsche Schule Melbourne Inc, ABN 52 936 931 854



Rationale

All children have individual rest requirements which we need to consider and cater for, to ensure their needs are being met. Younger students may need a comfortable relaxing environment to enable their bodies to rest. This environment must be safe and well supervised to ensure children are safe, healthy and secure in their environment.

National Quality Standard (NQS)

Quality Area 2: Children's Health and Safety		
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for rest and relaxation
2.2	Safety	Each child is protected
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard

Goal

DSM OSHC will ensure that all children have appropriate opportunities to rest and relax in accordance with their individual needs. DSM OSHC has a duty of care, it is a requirement that all educators implement and adhere to this policy to ensure we respect and cater for each child's specific needs.

Scope

This policy applies to children, families, staff, management and visitors of DSM OSHC.

Definition

DSM OSHC defines 'rest' as a period of inactivity or low-level activity, calmness or tranquility. Considering the busy and energetic nature of the children's day, we feel that it is especially important for younger students to participate in a quiet/rest period after the school day in order to rest, relax and recharge their body. Effective rest strategies are important factors in ensuring a child feels secure and safe.

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Responsibilities

Management will ensure:

- Reasonable steps to ensure that children's needs are being met by giving them the opportunity to rest.
- The area for rest is well ventilated and has natural lighting.
- Safe supervision of children whilst they rest their bodies

A Nominated Supervisor/ Responsible Person will:

- Take reasonable steps to ensure that children's needs are being met by giving them the opportunity to rest.

Educators will:

- Educators will be sensitive to each child's needs so that rest times are a positive experience.
- Create a relaxing environment for children to rest.
- The environment is tranquil and calm for both educators and children.
- Maintain adequate supervision and maintain educator ratios throughout the rest time period.
- Assess each child's circumstances and current health to determine whether higher supervision levels and checks may be required.
- Communicate with families about their child's rest time.

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DSM Internal Use

Version and Approval

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Approver:	Board / 13.06.2018
Owner:	Bernice Ressel & Barbara Walsh
Next Review:	2 years after last publishing date
Classification:	Student Wellbeing

Related Policies & Documents

Care, Safety and Welfare of Students:

- Arrangements for Ill Students
- Behaviour Management
- Code of Conduct
- On Site Supervision of Students
- Staff Awareness
- Student Welfare
- Welfare Communication