



Rest, Relaxation and Sun Protection

POLICY RATIONALE

Holy Family Catholic School OSHC plan and deliver an education and care program, where children have access to a wide variety of safe, stimulating resources and opportunities that are developmentally appropriate and cater to the social, intellectual, physical, recreational and emotional needs and interests of all children present. (R73) At times, this can mean children may be tired and require rest, or even sleep, depending on their age, stage of development or even as a result of what they may have been doing on the weekend or night before.

Holy Family Catholic School OSHC want to ensure that all students, staff, parents and visitors attending our services are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun. It is recommended that at any time UV levels reach 3 and above on the UV index (available from www.bom.gov.au), sun protection strategies are implemented.

These levels are generally reached from September to the end of April each year. Holy Family Catholic School OSHC has a responsibility to keep children safe and protected at all times. This is especially important when children are outside and need to be protected from the sun. The service will actively promote sun smart practices.

PROCEDURES

Programs are planned with time given between experiences for children to be able to rest. This may mean quiet experiences are offered, with a gap of time to allow children to sit quietly, read a book or engage in chats with friends.

- Educators will ensure they are aware of the position of all children at all times to provide appropriate supervision.
- The designated rest zone will allow children to relax at any time, with books and puzzles/games available to encourage quiet time. If a child falls asleep at this time, they will be allowed to continue that sleep, in a supported manner, with appropriate supervision at all times.
- If children require sleep, families are encouraged to provide a sheet, pillow (if desired) and sheet or blanket for on top of the child. These will then be taken home by the family each day for laundering. Children will be provided with a quiet space to sleep, with supervision provided by educators at all times.

CHILDREN OF ALL AGES

- Children should sleep and rest with their face uncovered.
- A quiet place should be designated for rest and sleep, away from interactive groups. If designated for rest, the space should allow for a calm play experience.
- Children's sleep and rest environments should be free from cigarette or tobacco smoke.
- Sleep and rest environments and equipment should be safe and free from hazards.
- Supervision planning and the placement of educators across a service should ensure educators are able to adequately supervise sleeping and resting children.

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- Educators should closely monitor sleeping and resting children and the sleep and rest environments. This involves checking/inspecting sleeping children at regular intervals and ensuring they are always within sight and hearing distance of sleeping and resting children so that they can assess a child's breathing and the colour of their skin. Service providers should consider the risk for each individual child and tailor Sleep and Rest Policies and Procedures (including the frequency of checks/inspections of children) to reflect the levels of risk identified for children at the service. Factors to be considered include the age of the child, medical conditions, individual needs and history of health and/or sleep issues.

MEETING CHILDREN'S SLEEP, REST AND RELAXATION NEEDS

Individual Children

- Ensure that children who **do not** wish to sleep are provided with alternative quiet activities and experiences, while those children who **do** wish to sleep are allowed to do so without being disrupted. If a child requests a rest, or if they are showing clear signs of tiredness, regardless of the time of day, there should be a comfortable, safe area available for them to rest (if required).
- It is important that opportunities for rest and relaxation, as well as sleep, are provided.
- Consider that there is a range of strategies that can be used to meet children's individual sleep and rest needs.
- Look for and respond to children's cues for sleep (e.g. yawning, rubbing eyes, disengagement from activities, crying, decreased ability to regulate behaviour and seeking comfort from adults).
- Avoid using settling and rest practices as a behaviour guidance strategy because children can begin to relate the sleep and rest environment, which should be calm and secure, as a disciplinary setting.
- Minimise any distress or discomfort.
- Acknowledge children's emotions, feelings and fears.
- Ensure that the physical environment is safe and conducive to sleep. This means providing quiet, well-ventilated and comfortable sleeping spaces. Wherever viewing windows are used, all children should be visible to supervising educators.

SUN PROTECTION

A combination of sun protection measures will be used throughout the year. The Cancer Council's SunSmart guidelines recommend using a combination of five important sun protection measures – shade, protective clothing, hats, sunglasses and Sunscreen.

Shade

- Ensure that outdoor spaces provided include adequate shaded areas to protect children from overexposure to ultraviolet radiation from the sun, including on excursions. Children will be encouraged to use available areas of shade for outdoor play and learning.
- The availability of shade will be considered when planning an excursion, and sun protection will be considered in risk assessment practices in preparation for the excursion.

Protective Clothing

- When outside, it is recommended that children wear loose-fitting clothing that covers as much skin as possible (e.g. no singlet tops).
- Tops with elbow-length sleeves, and if possible, collars and knee-length or longer style shorts and skirts are best.

Hats

- Children are required to wear a broad-brimmed legionnaire or bucket hat that protects their face, neck and ears whenever they are outside in terms 1 and 4.

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- Staff will act as positive role models for children. All staff are to wear a SunSmart approved hat during outdoor play and while on excursions.
- Educators encourage all children to wear hats during any outdoor activities.
- Children who do not have their hats with them will be asked to remain in the shade.
- The service does not provide children with hats.

Sunscreen

- Sunscreen is available and accessible to staff and children.
- All students and staff will apply SPF30 or higher broad-spectrum, water-resistant Sunscreen 20 minutes before going outdoors.
- Staff will ensure that Sunscreen is reapplied to the students and themselves every two hours or more frequently if it is washed or wiped off.
- Sunscreen will be stored in a cool place, out of the sun.
- The responsible person in charge will monitor the expiry date of Sunscreen and discard it when out of date.
 - Educators will exercise a common-sense approach and take extra care with children outside between the hours of 10:00 am and 4:00 pm. Educators will assess the availability of shaded areas and, if necessary, limit outdoor time on days where UV levels are particularly high.
 - Children will be encouraged to reapply Sunscreen themselves during program time and at all outdoor excursions. However, if a child is finding this difficult, educators will assist the child.
 - Children are encouraged to play in shaded areas.
 - Children are also encouraged to wear loose-fitting clothing that covers as much skin as possible during outside activities.
 - Children who do not have appropriate sun protection – hats, clothing or Sunscreen, will be required to play in the shade and, if this is not possible, will remain indoors with educators.

Role Modelling and WHS

- To support health and safety legislation, staff are required to wear sun-protective hats when supervising students.
- Staff, students and visitors will act as positive role models and demonstrate SunSmart behaviour when attending school by:
 - wearing sun-protective clothing
 - applying SPF30 or higher broad-spectrum, water-resistant Sunscreen
 - wearing a sun protective hat (broad-brimmed, bucket or legionnaires style)
 - using and promoting shade
 - wearing sunglasses that meet the Australian Standard 1067

Procedures for dealing with extreme heat

High-intensity exercise in a hot environment, with the associated fluid loss and elevation of body temperature, can lead to heat stress which is a serious health risk. Children are at greater risk than adults of heat stresses such as dehydration, heat exhaustion and heatstroke because their thermoregulation mechanisms are not fully developed.

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<p>Temperatures 30 degrees Celsius or less</p>	<ul style="list-style-type: none"> ▪ Staff and children should drink water often to remain hydrated. ▪ All staff should be aware of the UV Rating and plan outdoor activities during the morning and late afternoon. ▪ Shelter will be provided for everyone during service operation. ▪ Staff and children will be encouraged to wear a hat and Sunscreen and remain in the shade if going outside.
<p>Temperatures between 31 and 37 degrees Celsius (inclusive)</p>	<ul style="list-style-type: none"> ▪ All of the above, in addition to the two-dot points below ▪ If the service wishes to go outside, Staff must limit the time children spend outdoors and encourage children to choose low energy activities in shaded areas. ▪ Children are encouraged not to overexert themselves during periods of extreme heat.
<p>Temperatures 38 degrees Celsius and above</p>	<ul style="list-style-type: none"> ▪ All of the above, in addition to the dot points below. ▪ Staff and children should exercise extreme caution. ▪ Staff and children should remain indoors and, where possible, in air conditioning or cooler areas. ▪ If an excursion is scheduled, the Holy Family Catholic School OSHC will consider the health, wellbeing and safety of those attending the excursion to determine whether or not it is suitable for the excursion to go ahead as planned.

REFERENCES:

- ACECQA National Quality Framework Resource Kit (2012)
- Quality Area 1 – Educational Program and Practice
- Quality Area 2 – Children’s Health & Safety
- Education and Care Services National Regulations (2011), R 81
- Education and Care Services National Law Act (2010), S 165, S 167, S 168

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