

Mercia Primary Academy Trust



Safe Sleep/Rest Procedure

Policy Status and Review

Date:	March 2026
Review Date:	March 2031
Signed by Director:	Garry Hirons
Date Signed:	25/03/2026

MPAT - Policy

Rest Areas

Within the pre school rooms there are quiet, carpeted rest areas with soft cushions where children can go if they wish to rest and relax at any time of the day.

We do not have an allocated 'nap time' within MPAT as children are not expected to still be having naps when they join us at age 3.

If a child falls asleep in the pre school or school setting, then their parent will be called to collect them.

Whilst waiting for collection the child will be supervised as identified below.

Safety

- Sleeping children will be checked on every ten minutes. Checking a child while sleeping should involve:

- putting the back of their hand near to the child's mouth to feel for breath
- visually checking breathing (chest rising)
- looking to ensure child is comfortable but not in a position that may be dangerous
- ensuring that each child is not too hot or too cold
- children will sleep on a soft flat blanket or mat

In line with existing school procedures, a phone call will be made to parents/carers to arrange collection of a child that may have fallen asleep due to illness or from feeling unwell.

This information can be made available in a range of formats and languages, including Braille and large print. If this would be useful to you or someone you know, please contact your Directorate HR Unit.

A signed copy of this document is available from the school office.

Reviewed annually.

Version	Date Approved	Changes	Reasons for Alterations
1	March 2025	New procedure	New procedure
2	March 2026	Changed to MPAT Policy rather than school based	Policy benefits multiple schools within the Trust