



Rest and Relaxation Policy

Cobbler Creek OSHC and Vacation Care provides a program and environment where children have access to a variety of experiences that cater to the individual or group needs, including socially, intellectually, physical, emotional, recreational and restful.

There are always opportunities for children to engage in quiet experiences or areas if they feel they need a rest and may choose to stay for short or long periods of time. These areas include:

- Movie Room
- Games Room where bean bags are available for use in a quiet section of the room. There are also colouring section, puzzles and board/card games available to encourage quiet time.
- “Chill Zone” for years 5,6,7 where they are able to sit quietly, read a book, play card games or engage in chats with friends on the couch or bean bags in the room.

Note: If at any time a child falls asleep, they will be allowed to continue that sleep, in a supported manner, with appropriate supervision at all times.

Educators have strong relationships with the children that attend Cobbler Creek OSHC and Vacation Care and will observe the changes in a child that may indicate their need to have some quiet time. Educators will help the child to understand the benefits of rest and relaxation and encourage the children to make the decision to have a little rest in one of the quiet areas to recharge their body.

National Regulations	
Regulation 81	Sleep and Rest
National Quality Framework	
Quality Area 2	Children’s health and safety
My Time, Our Place	
Outcome 3	Children have a strong sense of wellbeing
Early Years Learning Framework	
Outcome 3	Children have a strong sense of wellbeing

Effective from December 2020

Review Date: December 2020