PORG International School

Nap and Relaxation Policy

Prepared by:	Barbora Gazdova, Romana Lewins	August 2024
Last update by:	Barbora Gazdova	August 2026
Approved by:	Dagmar Dluhosova	

Purpose

At PORG International School, we recognise that children aged 3–5 years benefit from opportunities to rest, relax, and recharge during the school day. Rest and relaxation support children's emotional well-being, concentration, behaviour, and overall development. This policy outlines the school's procedures for providing safe, calm, and developmentally appropriate nap and relaxation opportunities within the Early Years Foundation Stage (EYFS), in accordance with EYFS statutory welfare requirements and British Schools Overseas (BSO) expectations.

Principles

The school acknowledges that every child has individual needs regarding rest and relaxation. While many children aged 3–5 years may no longer require regular sleep, some children may still benefit from short naps or quiet rest periods during the day. Staff will work sensitively and respectfully to support children's well-being and comfort. Children will never be forced to sleep; however, all children will be encouraged to participate in calm, relaxing experiences that help them regulate their emotions and maintain positive engagement in learning throughout the day.

Nap and Relaxation Environment

The school will provide a calm, secure, and comfortable environment where children can relax or rest when needed. Quiet areas within the EYFS setting will be arranged to promote relaxation and emotional security. Soft lighting, appropriate ventilation, and a peaceful atmosphere will help children feel calm and settled. Sleep mats or comfortable resting spaces will be available for children who require sleep or quiet rest. Relaxation opportunities may include story time, quiet reading, soft music, mindfulness activities, drawing, or calm sensory experiences.

Individual Needs and Partnership with Parents

The school values strong partnerships with parents and carers and recognises the importance of understanding each child's individual routine and well-being needs. Information regarding children's rest habits, comfort items, medical needs, and preferences will be gathered upon admission and reviewed regularly. Staff will communicate openly with parents regarding children's sleep, relaxation patterns, or any concerns observed during the school day.

Supervision and Safety

Children participating in nap or relaxation periods will remain under close supervision at all times. Staff will regularly monitor children's comfort, well-being, and safety throughout rest periods. A member of staff will always remain present in or immediately accessible to the rest area. Children who fall asleep will be supervised carefully and supported in accordance with safe sleep guidance and the school's safeguarding procedures.

Hygiene and Comfort

All bedding is handled in accordance with Czech hygiene regulations, including Decree No. 410/2005 Coll., on hygienic requirements for premises and operation of facilities for the education and care of children and young people. Sleep mats, bedding, cushions, and relaxation equipment are cleaned, disinfected, and stored appropriately to ensure a safe and healthy environment. Where bedding is used, it is individually allocated and cleaned regularly. The school ensures that all rest and relaxation areas remain clean, welcoming, and suitable for children's comfort, health, and well-being. High standards of hygiene are maintained at all times within all rest and relaxation spaces.

Supporting Emotional Well-Being

The school recognises that rest and relaxation are important elements of children's emotional development and self-regulation. Staff will create a nurturing and reassuring environment where children feel safe, respected, and emotionally supported. Children who feel tired, overwhelmed, or unsettled will be supported sensitively through calm interactions and relaxation opportunities tailored to their needs.

Communication and Concerns

Parents and carers will be informed if there are any concerns regarding their child's well-being, unusual tiredness, difficulty settling, or emotional distress during relaxation or nap times. Any significant concerns relating to a child's health, safety, or welfare will be managed in accordance with the school's safeguarding and welfare procedures.

Monitoring and Review

This policy will be reviewed annually, or sooner where necessary, to ensure continued compliance with EYFS statutory requirements and safeguarding guidance. Staff will receive appropriate guidance and support to ensure the consistent implementation of this policy throughout the EYFS setting.