

# DSM OSHC Policy

## Student Rest Time OSHC



Deutsche Schule Melbourne Inc, ABN 52 936 931 854

### Statement

The DSM OSHC service (the service) is governed by Board of Deutsche Schule Melbourne. The service shares the vision and philosophy to help students realise their own potential and become creative and confident participant in the global community. It caters for children from diverse cultural and linguistic backgrounds.

### 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		
Standard 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
Standard 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.

### Definitions

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

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important factors in ensuring a child feels secure and safe. The service defines “Duty of Care” as a common law concept that refers to the responsibilities of organisations to provide people with an adequate level of protection against harm and all reasonably foreseeable risk of injury.

### Responsibilities

#### A Nominated Supervisor 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

#### 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.
- Ensure 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.

Created, May 2018

Revised June 2022

### DSM Internal Use

#### Version and Approval

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Approver:	Board / 15.06.2022
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:

- DSM OSHC Supervision Policy
- DSM OSHC Administration of Medication Policy
- DSM OSHC Administration of First Aid
- DSM OSHC Emergency Management Plan and Evacuation Policy
- DSM OSHC Interactions with Children Policy
- DSM OSHC Anaphylaxis Policy