

Policy Number: ED 13	Title: Napping Policy
Performance Standard: 1302.31	Original Date: 2/27/2017 Reviewed: 5/2020 JS
	Policy Council Approval/Revision: 5/2017, 1/2020 BOE Approval: 3/2018,1/2020

POLICY: e) Promoting learning through approaches to rest, meals, routines, and physical activity. (1) A program must implement an intentional, age appropriate approach to accommodate children’s need to nap or rest, and that, for preschool age children in a program that operates for 6 hours or longer per day provides a regular time every day at which preschool age children are encouraged but not forced to rest or nap. A program must provide alternative quiet learning activities for children who do not need or want to rest or nap.

PROCEDURE:

1. Children will nap or rest each day for no more than written into the teacher’s classroom schedule. This will be limited to no more than 1 hour. Nap or rest time is considered a part of the student’s daily routine.
2. After a child has been encouraged but not forced to rest or nap the child will be provided with an alternative quiet learning activity.
3. After 1 hour of nap or rest time children will at the direction of the teacher move to the next activity in the day.
4. During the initial home visit the teacher will explain and discuss the outlined policy and procedures for nap/rest time with the parent/guardian.
5. Each student will be provided a nap mat by the school.
6. Students will lay opposite head to toe with adequate space between each child, adequate lighting is to be maintained to ensure access throughout the classroom and to ensure each child’s face is visible.