



Alcott School believes that preschool children who follow a full day or extended day schedule require a daily rest/nap period during their school day. It's a way for the children to "re-charge their batteries" since their minds and bodies are busy working really hard at practicing and learning new skills. Learning how to relax your body in this high paced world is a life skill that plays a part in our overall health. New regulations from The Office and Children Family Services require that we share our rest/nap policy and procedures in written format with all families who participate in the rest/nap time.

All children enrolled in the full day or extended day program at Alcott School have a daily rest/nap period in their classroom after lunch. Each child brings a blanket or bedroll from home along with a small soft animal. These items stay at school during the week and go home for laundering on the weekends. Each child has their own numbered rest mat/cot which the school provides. These mats/cots are cleaned and sanitized on a weekly basis by the classroom staff. During rest/nap time, the lights are dimmed, the blinds are closed and teachers are available to rub backs. Sometimes soft music is on, audible stories are played or a teacher reads a book aloud. At rest time, the classroom remains fully staffed by Alcott classroom teachers.

During rest/nap time all the children are expected to rest their minds and bodies for a reasonable amount of time while lying down on their mat/cot. Many children will sleep each day but those children who don't fall asleep after an acceptable amount of time will be able to engage in quiet work while the rest of the class naps. The length of time that each child sleeps varies depending upon multiple factors such as: when did the child fall asleep, did the child have a poor night's sleep, how the child is feeling, etc. The classroom staff will share with you your child's rest/nap patterns at school and we ask that you please do the same in regards to in the home.

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I have read and understand the policy and procedures of Alcott School's rest/nap period.

Parent/Guardian Print Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Date: \_\_\_\_\_

