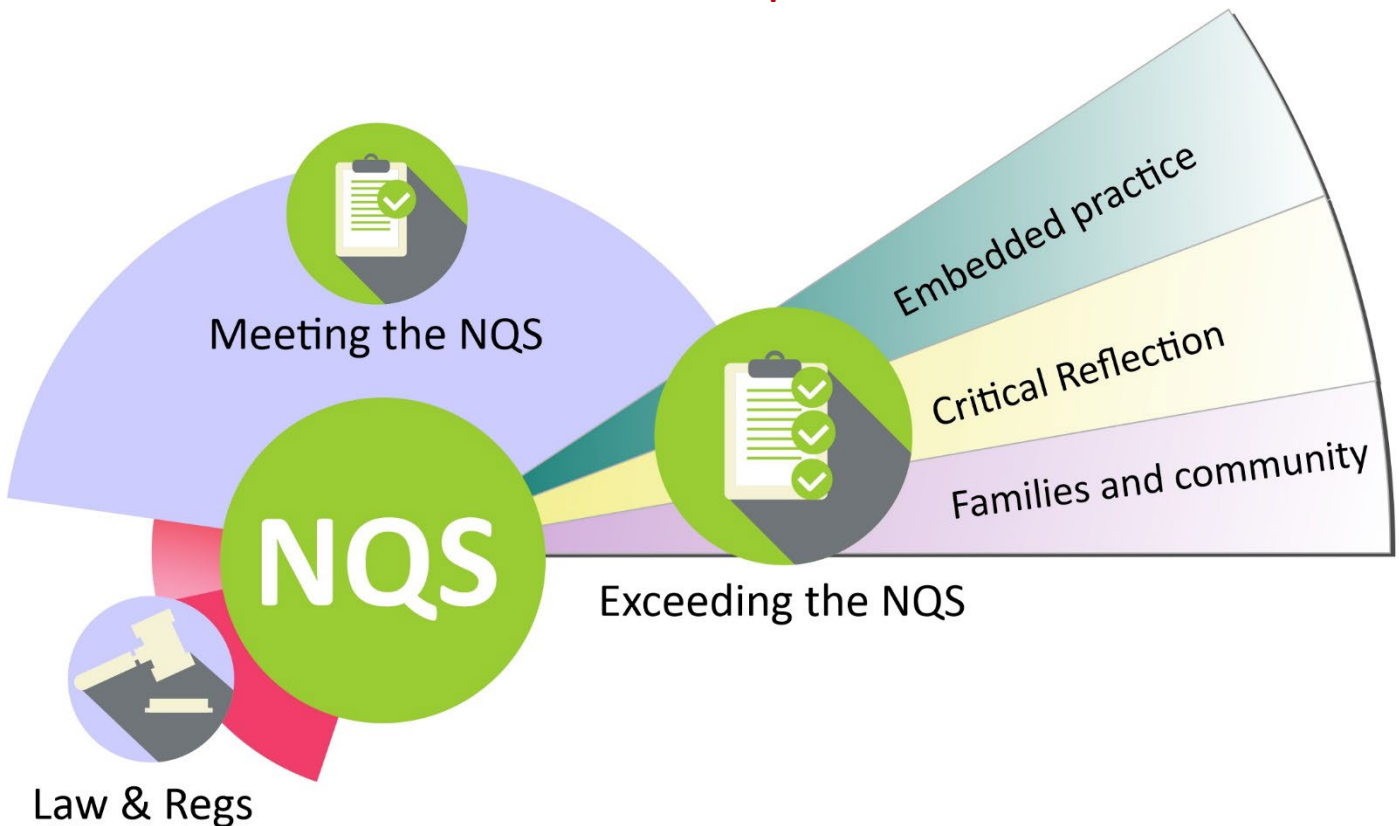


Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.

### Section 9 - Educational Leader and Nominated Supervisor



**First step:** We must ensure the Law and Regulations are always met. **Second step:** then we look at the NQS and work through the process of meeting the element. **Third step:** then we can look at and complete the exceeding themes.

The logo above shows the effort required to do these three components. It should be easy and take little time to meet the Law and Regulations once you know what is required. Meeting then can become everyday practice, while exceeding takes a lot more time, thinking, connecting to families and community and practice change.

There are **things** that you need to do with your service and educators.

- (1) Review the points from the Law and make yourself familiar with them. Conduct the compliance test with your educators to check their knowledge.



Video  
Training

- (2) To help your educators learn watch this online video explaining How to support children's wellbeing 2.1.1. Click below.

[https://vimeo.com/588808479/fade2b273a?s\\_hare=copy](https://vimeo.com/588808479/fade2b273a?s_hare=copy)

- (3) Add to your folder the daily planner so you can document and show the assessor how you

are working with educators. Use documents provided in this section.

- (4) Guide your educators to ensure they are at the meeting level, use the examples in the educators' section and the checklist to help you know exactly what is required.
- (5) Explore the exceeding themes with the examples in the educators' section and your section for critical reflection and families and communities.
- (6) Work with your Nominated Supervisor and edit the QIP (SAT for NSW) template provided by Centre Support to ensure it is reflecting your service's practices.

#### Week 17, 5 to 9 June 2023 – 2.1.1 Wellbeing and comfort

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### Compliance test for educators

**Instructions: Nominated Supervisor is to** conduct the test. Ask one educator at a time in a location that other educators cannot hear or provide support to the educators being asked the question. Record the responses then analyse to see if the educators' responses would place you at risk of a fine. Finally, train the educators that fail to meet the regulations.

Name of educator:

Questions	Response	Pass or Fail
Miss Narelle asks if there's a Reg which says services must have a sleep and rest policy. Is there?		
Mr Mark asks you to explain Reg 81 Sleep and rest for children in plain English. Please respond.		
Miss Ally asks what they're supposed to say to parents who don't want their child to sleep or rest at the centre. Please respond.		

#### Week 17, 5 to 9 June 2023 – 2.1.1 Wellbeing and comfort

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## Educational Leader weekly sheet

Date	Educational Leader activity	With whom?	Comments	Follow up
Monday 5.6.23	Organise professional development on understanding sleep, rest, and relaxation	Educators	Help educators to collaborate with families to gather information about each child's sleep patterns, preferences.	Offer opportunities for educators to share their learnings and discuss how they can implement new strategies effectively.
Monday 5.6.23				
Tuesday 6.6.23				
Wednesday 7.6.23				
Thursday 8.6.23				
Friday 9.6.23				

General thoughts or ideas

**Week 17, 5 to 9 June 2023 – 2.1.1 Wellbeing and comfort**

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## Compliance test for educators ANSWERS for this week.

**Instructions: Nominated Supervisor is to** conduct the test. Ask one educator at a time in a location that other educators cannot hear or provide support to the educators being asked the question. Record the responses then analyse to see if the educators' responses would place you at risk of a fine. Finally, train the educators that fail to meet the regulations.

Name of educator:

Questions	Response	Pass or Fail
Miss Narelle asks if there's a Reg which says services must have a sleep and rest policy. Is there?	Yes. Reg 168(2)(v) says services must have policies and procedures in relation to sleep and rest.	
Mr Mark asks you to explain Reg 81 Sleep and rest for children in plain English. Please respond.	Children must be allowed and encouraged to sleep and rest when they're tired. Educators should be aware of normal sleep/rest needs of children at that age, and any ongoing or temporary sleep/rest needs a particular child may have eg due to illness, family situation etc.	
Miss Ally asks what they're supposed to say to parents who don't want their child to sleep or rest at the centre. Please respond.	Educators may say the Law requires them to let the child sleep or rest when they're tired, and they can get into trouble if the child isn't allowed to - but they're happy to work with parents where possible eg wake child after certain period if sleep/rest time consistent with guidance for that age.	

### Week 17, 5 to 9 June 2023 – 2.1.1 Wellbeing and comfort

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