School Audit

– We log enough sleep

Get a picture of what is happening in your school and start to understand how your school environment, practices and partnerships influence young people’s sleep.

| Question and Answer | Comments |
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| 1. Does our school offer sleep education to all students? |  |
| 1. Do teachers feel confident and knowledgeable teaching and promoting awareness about sleep? |  |
| 1. Do students have the chance to participate in activities to promote the benefits of and tips to getting enough sleep? |  |
| 1. Do teachers and students understand the signs of not getting enough sleep and the effect this can have? |  |
| 1. Do students know where to go for sleep information and support? |  |
| 1. What strategies does the school have in place to support students affected by stress?   Student Health Nurse  School Counsellor or Chaplain  Promotion of services (e.g. Headspace)  Information on ways to manage stress  Teaching mindfulness  Other |  |
| 1. Do teachers set reasonable amounts of home work so students can get to bed on time? |  |
| 1. Does our school require students to attend sports training before school?   No  Yes  If yes, which sports and have alternative options been considered? |  |
| 1. Does our school have a policy to minimise activities that unnecessarily disrupt healthy sleep patterns for students? |  |
| 1. Does the school provide information to families, carers and the school community about adolescence and sleep, and the school’s expectations about sleep? |  |
| 1. Are there any groups of students, classes and/or year groups that agree not to message each other (by mobile phone or social media) from the hour leading up to bedtime?   No  Yes  If yes, which year or home group or subject classes, and how was this achieved? |  |