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 |
| --- | --- |
| 1. Does our school offer sleep education to all students?
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| 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[ ] YesIf 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[ ] YesIf yes, which year or home group or subject classes, and how was this achieved? |       |