

MANUREWA CENTRAL SCHOOL
PHYSICAL RESTRAINT POLICY
MANAGING CHALLENGING BEHAVIOUR

PURPOSE

To provide a safe physical and emotional environment for students and staff. Physical restraint is a serious intervention and in all cases, an alternative must be used where possible. Physical restraint can only be used under The Act when:

- The teacher or staff member reasonably believes that the safety of the student or of any other person is at serious and imminent risk; and
- The restraint used is reasonable and proportionate in the circumstances

DEFINITIONS

Physical restraint means the use of physical force to prevent, restrict or subdue movement of a student's body or part of their body. Students are not free to move away when they are being physically restrained.

Seclusion is the solitary confinement of a student in a room or area (e.g. a garden) from which their exit is prevented by a barrier or another person. Seclusion may also include situations where a student is left alone in a room or area and reasonably believes they cannot leave that room or area even if they would physically be able to, i.e. it is not locked

Procedures for De-Escalation:

- Preventative and de-escalation techniques should be used to avoid the use of physical restraint.
- De-escalation techniques include:
 - Creating space and time by removing other students from the classroom, giving the student physical space, and naming the emotion in a calm even voice, 'I can see that you are very frustrated...', using wait time
 - Communicating calmly: talk quietly (even when the student is loud), remain calm and respectful, monitor your own body language and allow the student time to move out of the situation with dignity, focus on communicating respect and your desire to help, keep verbal interaction respectful, when appropriate give the student clear choices and/or directions to help them feel more secure and regain control.
- Think ahead in case the situation escalates: move further away, make sure you have an exit plan, constantly reassess the situation, send for help if necessary.
- Be aware that doing the following may escalate the behaviour: threatening the student, arguing or interrupting, contradicting what the student says – even if they are wrong, challenging the student, trying to shame the student or showing them disrespect.

Procedures if you have to use physical restraint

- Never use physical restraint that:
 - Inhibits a student's breathing, speaking, or method of communication (example sign language)
 - Places a student prone (face-down)
 - Uses pressure points or pain holds
 - Uses tackling, sitting, lying or kneeling on a student
 - Pressure on chest or neck
 - Hyperextension (bending back of joints)
 - Headlocks
 - Uses force to drag or take a resisting student to another location
- Monitor well-being throughout the application of physical restraint both physically and emotionally for both student and staff member for the rest of the school day, even after the situation has deescalated. Watch for shock, possible unnoticed injury and delayed effects.
- Notify parents or caregivers the same day the incident occurred so they can monitor the student's wellbeing at home.
- Reflect on why the incident occurred and what could be done in future to prevent a repeat occurrence.
- For good practice following an incident follow the debriefing guide.
- Use reporting templates including physical restraint form.

SCOPE

This policy applies to and is to be followed by all staff at Manurewa Central School.

- All staff are to familiarise themselves with the MOE guidelines and we will undertake appropriate professional development.
- The Principal will advise the Board of any incidences where physical restraint has been used.
- The Board will ensure that any incident of physical restraint is notified to parents or caregivers and reported to the MOE.
- The Board will ensure that parents or caregivers are notified if physical restraint is an element in a student's individual behaviour plan.
- Complaints regarding use of physical restraint in school will also follow our school's complaints procedure.

DELEGATION

The Board delegates to the Principal :

- Responsibility for ensuring that adequate staff training and support is in place.
- The reporting of incidence of physical restraints to parents, caregivers and the MOE.
- Notification to parents and caregivers if an element of physical restraint is in a student's individual behaviour plan

LIMITATIONS AND EXPECTATIONS

- Physical restraint is a serious intervention.
- Staff will be well versed in prevention and de-escalation strategies used to limit the need to physically restrain a student.
- Use of physical restraint is limited to teachers or authorised staff members and only where :
 - There are reasonable grounds to believe that there is a serious and imminent risk to the safety of a student or of any other person, and
 - The restraint used is reasonable and proportionate to the circumstances (Authorised staff are employees authorised by their employer, the Board of Trustees to use physical restraint.)
- Teachers and staff members who are authorised to physically restrain students shall receive suitable training and support.
- Seclusion is prohibited.

MONITORING

- Reporting to the Board will form part of the Principal's report ensuring individual students can't be identified
- Principal will advise the Chairperson of the Board of Trustees within 24 hours of any case where physical restraint has occurred
- Policy will be reviewed every 3 years

KEY RELEVANT DOCUMENTS

Education (Physical Restraint) Rules 2017

<http://www.education.govt.nz/assets/Documents/School/Supporting-students/Students-with-Special-Needs/2017-Physical-Restraint-Rules-2017.pdf>

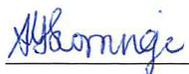
Guidelines for Registered Schools in New Zealand on the Use of Physical Restraint:

<http://www.education.govt.nz/assets/Documents/School/Managing-and-supporting-students/Guidance-for-New-Zealand-Schools-on-Behaviour-Mgmt-to-Minimise-Physical-...pdf>

Policy ratified: May 2019

Review date: May 2022

PM BOT:



Principal:

