



Physical Restraint Policy

Rationale

Kahurangi School believes in developing a safe physical, emotional, caring and inclusive environment so effective teaching and learning can take place.

Purpose

This policy addresses the use of physical restraint. The key point is to safeguard the wellbeing of students, staff and others whenever behaviour management issues arise.

Prevention

Physical restraint will only be used if absolutely necessary for safety reasons. De-escalation strategies could include:

- Remove the audience – ask other students to move away.
- Give the student physical space.
- Name the emotion in a calm even voice: “You look really angry”, “I can see that you are very frustrated”.
- Wait.
- Talk quietly, even when the person is loud. Remain calm and respectful.
- Monitor your own body language and allow the student the opportunity to move out of the situation with dignity.
- Focus on communicating respect and your desire to help.
- 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. If escalation occurs, move further away.
- Send for help if necessary.

Guidelines

This policy adopts and incorporates the *Ministry of Education’s Guidelines for Registered Schools in New Zealand on the Use of Physical Restraint*. The leadership team will ensure appropriate staff are familiar with this policy along with the Ministry of Education guidelines above.

Only registered teachers are authorised by the Kahurangi Board of Trustees to apply physical restraint, unless specifically authorised in writing by the Board.

1. Staff use de-escalation techniques if a student’s behaviour is becoming out of control and/or poses a danger to themselves or others.
2. Physical restraint is a serious intervention and should only be used when there is a high likelihood the student will injure themselves or another student or person/s.
3. If physical restraint is warranted, the level of restraint should be warranted to the level of risk the behaviour poses.
4. Complete required documentation (Physical Restraint Forms and Debriefs).

5. The school will review the event leading up to the interventions used and will consider what could have been done differently.
6. The Ministry of Education and the Board is to be notified of any incident involving physical restraint.
7. Whānau of the child physically restrained should be notified as soon as practically possible.
8. Professional development for teaching staff who may be in a position to potentially physically restrain a student.

If whānau are not satisfied with the school's intervention, then they should refer to Kahurangi School's Concerns and Complaints Policy.

Resources

- Ministry of Education's Guidelines for Registered Schools in New Zealand on the Use of Physical Restraint
- Education Act 1989, Sections 139AC, Education (Physical Restraint) Rules 2017

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Cathryn Curran-Tietjens | Board Chairperson