

REDUCING STUDENT DISTRESS AND USE OF PHYSICAL RESTRAINT POLICY

Outcome statement:

This board is committed to a supportive and caring school environment where all students and staff are kept safe from harm and treated with dignity.

Except as authorised under this policy, no staff member may use any form of physical restraint on our students. Our principal, teachers, and board-authorized staff members can only physically restrain a student as a last resort, where:

- The use of physical restraint is necessary to prevent imminent harm to the student or another person.
- There is a reasonable belief that there is no other option available in the circumstances to prevent the harm.
- The physical restraint is reasonable and proportionate to the circumstances.

Delegations:

The board delegates to the principal responsibility for:

- Developing and implementing procedures and practices to prevent, plan for, and respond to student distress that meet the requirements of the Education (Physical Restraint) Rules 2023 and its amendments (“the 2023 Rules”).
- Recommending eligible non-teaching staff to the board for authorisation to use physical restraint according to requirements of the 2023 Rules.

Only the board can authorise non-teaching staff members to use physical restraint.

Expectations:

All staff subject to this policy are trained to confidently apply prevention and de-escalation strategies, limiting the need to restrain a student physically according to the 2023 Rules and the relevant guidelines.

The board requires:

- Compliance with the 2023 Rules.
- An evidence-based assurance from their principal that this policy is being followed.

The principal shall ensure:

- The implementation and compliance of this policy, including the completion of best practice training by all staff who are authorised to use physical restraint.
- Operational compliance with the Education and Training Act 2020 and the 2023 Rules.
- All physical restraint incidents are immediately reported at the next board meeting.
- The board is informed of all relevant information (risks, trends, and impacts).
- All non-teaching staff who may use physical restraint on a student have been authorised by the board.

Monitoring:


The principal shall report to the board:

- On compliance, or the actions being taken to ensure compliance with this policy, the legislation, and the 2023 Rules on reducing student distress and use of physical restraint.
- At every board meeting, all incidents, matters, or risks relating to this policy, ensuring that the non-identification and privacy of individual students is maintained.

The board shall monitor the use of physical restraint, looking for trends and any action that could be taken at the governance level to support reducing such incidents.

Definitions:	As defined in the Education and Training Act 2020: <ul style="list-style-type: none"> • Physical restraint is using physical force to prevent, restrict or subdue the movement of a student's body or part of the student's body against the student's will. • Harm means harm to the health, safety, or well-being of the student or another person, including any significant emotional distress suffered by the student or the other person. • Authorised staff member means an employee of a registered school who is trained and authorised by the employer to use physical restraint in accordance with Section 99 of the Act.
Legislation:	Education and Training Act 2020 (Sections 99-101) Education (Physical Restraint) Rules 2023 Health and Safety at Work Act 2015
This policy is to be read in conjunction with the boards:	<ul style="list-style-type: none"> • Health and Safety Policy. • Child Protection Policy. • Privacy Policy. • Emergency Management Plan. • Board Work Plan. • Complaints Policy and Procedures.
Procedures/supporting documentation:	The Ministry of Education's Physical Restraint Guidelines Appendix 1 of the Rules Suggested procedures/practices that cover: <ul style="list-style-type: none"> • The authorisation process. • Reducing and de-escalating student distress. • Training and support for staff. • Notifying and reporting on instances of physical restraint. • Monitoring the use of physical restraint.

Review Schedule:	Annually
Review Date:	1 May 2023

Presiding Member Signature:	
Date:	1 May 2023

Supporting Forms:

Appendix A: Checklist (following an incident of physical restraint).

Appendix B: Debrief Form.

Appendix C: Support Plan.

Appendix D: Consent Form.

Physical Restraint: Checklist (following an incident of physical restraint)

Task:	Completed:	Notes:
Has the principal/delegated manager been notified of the incident?		
Have whānau been notified?		
Has a debrief with whānau been booked?		
Has the Ministry been notified via the online physical restraint reporting form?		
Has a review meeting been scheduled?		
Have any referrals been made?		
Does a support plan need to be developed or reviewed?		
Does our school physical restraint policy need to be reviewed?		

Signed:

Date:

Physical Restraint: Debrief Form

Date of debrief:	
Time of debrief:	
Date of incident:	
Attendees at debrief:	
Who was involved in the incident:	
What led up to the incident?	
What approaches/strategies were used – how effective were they?	
What would we do again or differently?	
Next steps/agreed actions:	

Principal or Principal's Delegate signature:

Date:

Physical Restraint: Support Plan

Student name:	
Date:	
Next review date:	
Team members:	
Whānau/family information:	
Strengths and needs:	
Proactive strategies – learning environment, home environment, teaching and learning, peer relationships:	

Physical Restraint: Consent Form

Name of student:	
Teachers and authorised staff members working with the student who are trained to use physical restraint:	
Physical holds that may be used, if necessary to prevent imminent harm:	
Any physical, health or psychological conditions that may be impacted by physical restraint and how these will be managed:	
Any steps being taken to eliminate the use of restraint for this student:	
Actions to be taken following an incident of physical restraint (must include notification of parents/caregiver and monitoring of student wellbeing):	
This form will be reviewed:	

Principal or Principal Delegate's signature:	Date:
Parents or Caregiver's signature:	Date: