



Physical Restraint 2023

Managing challenging behaviour and physical restraint policy

To minimize the effect of challenging behaviour, the board shall ensure that effective procedures are in place around the management of student behaviour and the use of physical restraint.

Scoping

This policy applies throughout the school. All staff are required to familiarize themselves with Ministry of Education [Guidelines](#) for registered schools in New Zealand on the use of physical restraint and to undertake appropriate professional development. The board will ensure that any incident of physical restraint is notified to parents or caregivers and reported to the Ministry of Education. The board will ensure that parents or caregivers are notified if physical restraint is an element in a student's individual behaviour plan. Complainants with concerns regarding use of physical restraint must follow the school's prescribed concerns and complaints procedure.

Delegations

The board delegates to the principal:

- Responsibility for ensuring that adequate staff training and support is in place
- The reporting of incidents of physical restraint to parents, caregivers and the Ministry of Education
- 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 defined as 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 and is a serious intervention
- Staff shall 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 authorized staff members and only where:
 - the physical restraint is necessary to prevent imminent harm to the student or another person; and

- the teacher or authorized staff member reasonably believes that there is no other option available in the circumstances to prevent the harm; and
- the physical restraint is reasonable and proportionate in the circumstances
- Authorized staff are employees trained and authorized by their employer (the board) to use physical restraint
- Teachers and staff members who are authorized to physically restrain students shall receive suitable training and support
- Corporal punishment and seclusion of students is prohibited. Seclusion of students is defined as placing a child or student in a room involuntarily, alone and from which they cannot (or believe they cannot) freely exit.

Associated legislation

[Education and Training Act 2020](#)

[Education \(Physical Restraint\)](#)

[Rules 2017](#)

[Health and Safety at Work Act](#)

[2015](#)

Associated procedures

1. Restraint practices should only be used as a last resort because the health, safety and wellbeing of the student or others is at risk.
2. De-escalating strategies should be first used to calm down a high risk situation where safety is compromised.
3. As part of these de-escalation strategies, non-confrontational body language (not facing directly to the child), not making eye contact, having quiet time, little or no korero, are critical to calming a child in distress.
4. Remove other students/audience from the immediate space when a child is highly distressed
5. Seek the support of another kaiako or Senior Leader by sending the red card with another student.

Monitoring

Instances, matters or risks in relation to this policy shall form part of the principal's report to every board meeting, taking care that individual students cannot be identified.

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

Kia Tū Maia - Be Brave

Kia Tū Pakari - Stand Strong

Kia Tū Rangatira - Be a Leader

signed: _____