



Managing Challenging Behaviour and Physical Restraint Policy

Outcome statement

To minimise the effect of challenging behaviour, the St Anthony's Catholic School Board of Trustees 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 familiarise 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 force to prevent, restrict or subdue the movement of a student's body or part of the student's body 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 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
 - the restraint used is reasonable and proportionate in 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 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 Act 1989 section 139AE](#)

[Education \(Physical Restraint\) Rules 2017 Health and Safety at Work Act 2015](#)

Associated procedures

Guidance if you have to use physical restraint

What to do if prevention and de-escalation do not work

- » Physical restraint should only be applied by teachers and authorised staff.
- » There may be situations when an unauthorised staff member intervenes and physically restrains a student, for example when there are no teachers or authorised staff nearby.

- » The Education Act 1989 will not cover the intervention of an unauthorised staff member who physically restrains a student. There may be other justifications for intervening available in legislation or common law that apply.
- » If teachers and authorised staff members do not have the skills or confidence to safely restrain a student, call for help.
- » Call the police when a student cannot be managed safely and the imminent danger to students, staff or themselves remains, after all alternatives have been explored.
- » All staff should be aware that physical restraint is a serious intervention to be used when no other, less severe, options are available.

Do not use these restraints

- » Physical restraint that inhibits the student’s breathing, speaking or main method of communication, for example physical restraint that inhibits a student’s ability to use sign language.
- » Prone (face-down) physical restraint
- » Pressure points and pain holds
- » Tackling, sitting, lying or kneeling on a student
- » Pressure on the chest or neck
- » Hyperextension (bending back) of joints
- » Headlocks
- » Using force to take/drag a student, who is resisting, to another location
- » Restraint when moving a student from one place to another – trying to get them into a van or taxi, for example – when they are in an escalated state, as this may escalate them further. Monitor wellbeing throughout when applying physical restraint
- » The physical and psychological state of the student being restrained should be continuously monitored by the person performing the restraint and other people present.
- » Apply physical restraint only for the minimum time necessary and stop as soon as the danger has passed.
- » Monitor the physical and psychological wellbeing of both the student and the staff member who applied the restraint for the rest of the school day. Watch for shock, possible unnoticed injury and delayed effects.

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

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.

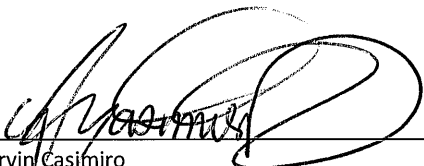
The Board shall monitor the use of physical restraint, looking for trends and any action that could be taken at governance level to support reducing such incidents.

Reporting and documenting the incident

- » Staff must complete an incident report.
- » The staff members involved in the physical restraint should sign the incident report, as well as the Principal or Principal’s delegate.
- » Put the completed forms on the student’s file, and make them available to the student’s teacher and parents or caregivers.
- » All incidents of physical restraint must be reported to the Ministry of Education and the employer. This reporting contributes to the self-review and monitoring process.

(Please refer to the reporting forms/templates available in the guidelines document from Ministry of Education)

Reviewed: 26 / 8 / 20	Next review: 26 / 8 / 21
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 Marvin Casimiro
 Chairperson