
Ratified by B.O.T. Date:14 September 2020 Review Date: 14 September 2023

Signed by Chairman:

POLICY TITLE: Physical Restraint Policy

POLICY NUMBER: 41 NAG'S REF: 5

Physical Restraint

Lake Taupo Christian School has procedures in place for managing student behaviour and guidelines around the care and welfare of students. The key point is to safeguard the wellbeing of students, staff, and others whenever behaviour management issues arise.

Staff will use de-escalation techniques (see the Ministry guidelines below) if a student's behaviour is becoming out of control and/or poses a danger to themselves or others. However, in an emergency situation, it may be necessary to use physical restraint. This is a serious intervention and only used when there is a high likelihood that the student will injure a staff member, another student, themselves, or others. It may be necessary to move people out of the area to de-escalate the situation and keep them safe. In some cases, it may be necessary to involve the police.

All teaching staff are authorised to apply restraint. Non-teaching staff may only apply restraint if they have been authorised, in writing, by the board.

If physical restraint is warranted, the level of restraint should be proportional to the level of risk the student or their behaviour poses, and should end as soon as the safety of everyone involved is assured. The student's physical and psychological state should be monitored during the restraint. The student, and the person who applied the physical restraint, should be monitored for signs of distress or shock in the aftermath of the incident.

The school will hold a debrief after the incident, examining the events leading up to it, the interventions used, and what could have been done differently. The Ministry of Education, and the Board, will be notified of any incident involving physical restraint.

Parents/caregivers whose child was involved in the incident should be notified as soon as practically possible. They should be invited to offer suggestions to avoid the use of restraint in the management of their child's behaviour. Any complaints from parents should be dealt with through the school's complaints procedures, and the Ministry of Education contacted for advice, if necessary.

Students with high-risk behaviours should have an Individual Behaviour Plan in place. Key staff members and parents/caregivers are to be involved in the development of the plan. All staff working with the particular student are fully briefed on the agreed protocols in the plan, and all staff are made aware that there is an Individual Behaviour Plan in place for the student.

Monitoring the use of physical restraint

The Ministry of Education requires all incidents of restraint to be reported using an [incident of physical restraint form](#)

Link address

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

The principal, or delegate, monitors the use of physical restraint and collates information about any incidents. The principal shares this information with the Board through the principal's report at board meetings (in a public-excluded session).

Physical restraint forms and debriefs

The Guidelines for Registered Schools in New Zealand on the Use of Physical Restraint includes reporting and debriefing forms. See [Guidelines for Registered Schools in New Zealand on the Use of Physical Restraint](#) for more information and links to the forms.

Resources

- Ministry of Education: [Guidelines for Registered Schools in New Zealand on the Use of Physical Restraint](#)

The Ministry of Education's [Guidelines for Registered Schools in New Zealand on the Use of Physical Restraint](#) offer useful techniques for preventing and/or de-escalating behaviour problems before they reach a critical point. The guidelines also provide clear guidance on how to use physical restraint if prevention and de-escalation are unsuccessful, as well as outlining what types of physical restraint must be avoided, and incident forms.

Seclusion and Corporal Punishment

Seclusion and/or corporal punishment will not be used at this school.

Information for the Ministry of Education and the employer form

Information for Ministry of Education and the Employer: completed by	Date of incident	dd/MM/yy	Date of report	dd/MM/yy
Name of School				
Student's National Student Number (no name)				
Date of birth	dd/MM/yy	Year level	yy	Gender M F
Ethnicity				
First time the student has been physically restrained?	Yes	No		
The student was physically restrained more than once during the day?	Yes	No	If yes, how many times?	
The student has an Individual Behaviour Plan?	Yes	No		
Physical restraint was a part of the plan?	Yes	No		
Were parents notified?	Yes	No		
Was anyone injured?	Yes	No	If yes describe	
Was the staff member who applied the restraint a teacher or authorised staff member?	Yes	No	If no, provide details	
Role of staff member who applied the restraint?	Teacher	Other	If other, describe role	
Did the staff member who applied the restraint receive any training prior to the incident?	Yes	No	If yes, what training?	
Why was the use of physical restraint considered necessary?				
Serious and imminent risk to the safety of the student or any other person - describe				
Any other comments				

Complete the form above and email it to the Ministry of Education at physical.restraint@education.govt.nz
Provide a copy to the employer (board of trustees, sponsor of a partnership school kura hourua, or manager of a private school)

Note: The information in this form may be the subject of requests made under the Privacy Act 1993 and the Official Information Act 1982.