



STOCKTON PRIMARY SCHOOL

Small school big education

Headteacher: Lucie Buran NPQH

PHYSICAL RESTRAINT POLICY

The 1996 Education Act permits the use of reasonable force to restrain a pupil in the event of extreme behaviour.

Rationale

Restraint occurs when a member of staff uses physical force intentionally to restrict a child's movement against his or her will. It should rarely be used. Physical contact with pupils may occur under other circumstances such as providing physical prompts, giving support in PE, and supplying reassurance. The term restraint does not extend to these situations. Staff should not be inhibited in providing such contact when it is professionally appropriate to do so.

The school's restraint policy is developed in relation to the school's policy on managing behaviour. Similarly, the restraint of an individual pupil should be viewed in relation to plans to improve the child's behaviour.

When may pupils be restrained?

On occasions it may be appropriate to use physical restraint to reduce the level of violence or danger. Members of staff should only use physical restraint when other alternatives have been, or cannot be, tried and where one of the following circumstances appear to exist:

- Pupils are in imminent danger of causing injury to themselves
- Other children or staff are in imminent danger of injury
- A child is causing damage to property
- A pupil has refused to carry out a reasonable instruction and, in so doing, their presence is causing serious disruption. This could be an occasion when the child has refused to leave a room or go to an appointed place after direct instruction from a member of staff.

In extreme circumstances (e.g. possession of weapons) it will be necessary to inform the Police

In cases when the school is aware that a pupil is likely to behave in a way that may require physical restraint, plans will be made which address:

- possible strategies for de-escalating the problem
- ways of managing the pupil e.g. strategies, holds to be used
- informing parents about specific action to be adopted
- briefing staff to ensure they are clear about strategies ensuring additional support can be summoned if appropriate

Who may restrain pupils?

- Physical Restraint may be carried out by teaching staff and other designated members of staff who have undergone Team Teach training.

However should any individual lack the confidence or the desire to take such action, an

alternative senior member of staff may be summoned.

- These arrangements apply at all times the school has responsibility for pupils and extend to times when pupils are at after-school clubs or are off-site on educational trips. The policy does not apply to situations after children have been dismissed and left the school premises or have been collected by parents and are in their care.

- Everyone has the right to defend themselves against an attack provided they do not use a disproportionate amount of force to do so.

In an emergency, e.g. if a pupil was at immediate risk of injury on someone else, any member of staff is able to intervene.

How may pupils be restrained?

- Whenever possible the child should be warned clearly that you are likely to take physical action before that action ensues.
- It is important to remember that the security of the child, and therefore the emotional stability, depends on the certain knowledge of the child that adults are in charge.
- A temper tantrum is naturally best dealt with by the demonstration of calm, unthreatened and unthreatening concern, and the assumption of total control by the caring adult.
- Adult action ensuing from temper loss is never acceptable.
- Whenever possible, more than one adult should be present during the use of restraint.
- It may be appropriate to observe from a distance, or monitor regularly by entering the space in order to support and ensure the safety of both adult and child.
- In every case, the minimum strength and the shortest period of time should be used to achieve the necessary objective
- The pupil should be repeatedly offered the opportunity to exercise self-control and the restraint should stop at the earliest opportunity.
- As soon as possible the child should be removed from general circulation. Isolation can be calming and the removal of an audience is usually beneficial. Professional judgement should be employed to use the most suitable location
- Appropriate notes should be recorded, and the incident communicated to senior management as well as to other relevant members of staff.

Physical intervention may take several forms:

- Physically interposing between pupils
- Standing in the way of a pupil
- Holding, guiding, pulling
- Leading a pupil away by the hand or gentle pressure on the back

In extreme cases more restrictive holds may be used

- No restraint may be used which may be considered to be indecent or which may be expected to cause injury to the child.

Staff must avoid touching or holding pupils in ways that could be construed to be abusive (ref. Child Protection Policy)

What to do after an incident of restraint

- All incidents when restraint is used should be recorded as soon as possible (within 24 hours) and the Headteacher notified.

Reports should be recorded using the Restraint Incident Form (see appendix 1) and should include:

- name(s) of pupil(s) involved

- location of incident
 - the reason force was necessary
 - description of the incident
 - steps taken to diffuse the situation
 - degree of force used and for how long
 - pupil(s) response and outcome of the incident
 - details of any injury suffered by anyone and damage to property
 - Statements from any witnesses should also be included
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- Any staff injuries sustained will be recorded separately, in accordance with Health and Safety procedures.
 - Pupils who have been restrained will be entitled to record their views when they have calmed down, and will be given assistance to do so if necessary
 - Parents will always be informed of any incident with their child involving the use of physical restraint and will be given an opportunity to discuss the incident. How and when parents are informed is the decision of the Headteacher.

**Stockton Primary
Restraint Incident Form**

Name of pupil (s) involved _____

Location of incident _____

Date incident occurred _____ Staff involved _____

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Details of events leading up to the incident	Reason for Intervention (tick)	Description of physical restraint used
	<ul style="list-style-type: none"> <input type="checkbox"/> Physical safety of the pupil was at risk <input type="checkbox"/> Physical safety of another pupil was at risk <input type="checkbox"/> Physical safety of a member of staff was at risk <input type="checkbox"/> The pupil was attempting to harm him/herself <input type="checkbox"/> Prevent/interrupt absconding <input type="checkbox"/> Behaviour disrupting safe and secure learning environment 	<ul style="list-style-type: none"> <input type="checkbox"/> Standing <input type="checkbox"/> Sitting <input type="checkbox"/> Kneeling <input type="checkbox"/> Safe hold <input type="checkbox"/> Restrained in quiet room <input type="checkbox"/> Single person escort <input type="checkbox"/> Two person escort
Steps taken to diffuse the situation (tick)	Pupil(s) response and outcome of the incident	Details of any injury suffered by anyone and damage to property
<ul style="list-style-type: none"> <input type="checkbox"/> Verbal advice and support <input type="checkbox"/> Reassurance <input type="checkbox"/> Calm talking <input type="checkbox"/> Humour <input type="checkbox"/> Distraction <input type="checkbox"/> Step away <input type="checkbox"/> Options offered <input type="checkbox"/> Time out offered <input type="checkbox"/> Negotiation <input type="checkbox"/> Other (specify) 		

Form completed by _____

Signature _____

Any statements from any witnesses (included on separate sheet)

Review: Autumn 2015