

# Rangiora High School

## Board of Trustees



## Restraint Policy

### Rationale

The Rangiora High School Board of Trustees aims to provide a safe physical and emotional environment for all students and staff. Seclusion and the use of physical restraint are to be avoided.

### Purpose

- To ensure that all students are treated with dignity and respect.
- To ensure that staff members are given the support and resources to de-escalate and avoid situations requiring physical restraint

### Definitions:

**“Physical restraint”** is when a school staff member uses their own body to deliberately limit the movement of a student.

**“Seclusion”**: Seclusion is when a student is involuntarily placed alone in a room, at any time or for any duration, from which they cannot freely exit (including where a level of authority or coercion leads to a student believing that they must not or cannot exit the room in which they are confined). Seclusion does not refer to the use of ‘timeout’, such as:

- a student is asked to leave an activity or area because of their behaviour and go to another specified area where they must stay until told they can return;
- a student voluntarily takes themselves to an agreed space or unlocked room (part of a planned intervention) to de-stimulate or calm down; or
- they take themselves, or are asked, to go to a quiet place in the classroom to calm down.

**“Imminent danger”**: Refers to situations involving serious threat of physical harm to a person or persons, including (but not limited to) examples such as:

- A student moving in with a weapon, or something that could be used as a weapon, with intent on using violence towards another person;
- A student physically attacking another person, or seemingly about to physically attack another person;
- A student throwing furniture, computers, or breaking glass close to others who would be injured if hit;
- A student putting themselves in danger, for example running onto a road or trying to harm themselves.

The following situations do not constitute imminent danger:

- behaviour that is disrupting the classroom but not putting anyone in danger of being hurt;
- refusal to comply with an adult’s request;
- verbal threats;
- a student trying to leave the classroom or school without permission;
- damaging property, unless this could cause injury.

## Guidelines

1. Where possible, preventative de-escalation techniques should be used to avoid the need to physically restrain a student. See *Staff Handbook*.
2. All teaching staff are authorised to apply restraint. Support staff can apply restraint if they have been authorised, in writing, by the Board. Teachers and authorised support staff will be trained in the agreed good practices of physical restraint.
3. Physical restraint can only be used as a last resort when a teacher or authorised support staff member assesses the situation and concludes that the safety of the student / another person is at serious and imminent risk.
4. 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.
5. Where teachers or authorised staff members, cannot safely physically restrain the person, police will be called.
6. The restraint used at all times must be reasonable and proportionate to the immediate circumstances.
7. Parents must be informed as soon as possible.
8. All actions taken by teachers or authorised support staff must comply with the statutory legislation and follow the guidelines in the 2017 Ministry of Education document "*Guidelines for Registered Schools in NZ in the Use of Physical Restraint*".
9. The staff member must write an incident report within 24 hours of the incident.
10. All such incidences of physical restraint must be reported to the Principal who will complete all the required procedures and report to the Board. All incidents involving physical restraint will also be reported to the Ministry of Education unless there is an Individual Behaviour Plan in place for the child.
11. If a student continues to exercise high risk behavior then an Individual Behaviour Plan will be written to assist those working with the child. The Plan will involve the child's parent / guardian and outline preventative and de-escalation strategies that will prevent the need for physical restraint. If a student transitioning to RHS has exhibited high risk behaviour requiring restraint or an enrolled student continues to exhibit high risk behaviour then an Individual Behaviour Plan must be written.

## Related Policies and Guidelines

Complaints Policy

## Documentation

- ❑ Ministry of Education (2017) "[Guidelines for Registered Schools in NZ in the Use of Physical Restraint](#)"
- ❑ Rangiora High School Staff Handbook

<b>Date of Review</b>	2018
<b>Date of Next Review</b>	2020
<b>Signed by the Board Chair</b>	