



THE
**SYNAPTIC
TRUST**



**WEST
THORNTON**
PRIMARY ACADEMY

West Thornton Primary Academy

Restraint Policy

Date Created: November 2018

Updated: January 2020

Date to be Reviewed: January 2021

INCLUSION AND SAFEGUARDING STATEMENT:

We are committed to building futures in a welcoming and supportive learning environment, in which all pupils feel valued and challenged to be resilient thinkers, active learners with transferable skills and have an appetite for world learning.

At West Thornton Academy all pupils are valued inspired and respected within our happy, welcoming academy community.

We set high expectations for all our pupils. Practitioners give every pupil the opportunity to experience success in their learning, by providing a relevant and challenging curriculum with an emphasis on personalised learning.

All children have unique experiences to share. At West Thornton we celebrate this diversity by valuing the contribution of all pupils and providing an environment that encourages interdependence and autonomy in their learning.

Our academy is committed to safeguarding and promoting welfare of children and expects staff to share this commitment.

RESTRAINT POLICY

Principles

The Legal Framework Physical Restraint should be limited to emergency situations and used only as a last resort. Under the Children Order 1995, it is only permissible as described under the heading "Physical Control". Article 4 of the Education Order 1998 clarifies powers that already exist in common law. It enables teachers and other members of staff in the school, authorised by the Headteacher, to use such force as is reasonable in the circumstances, to prevent a pupil from:

- Committing an offence
- Causing personal injury to a person or damage to the property of any person.
- Engaging in any behaviour prejudicial to the maintenance of good order and discipline at the school or among its pupils, whether during a teaching session or otherwise. (Examples of possible situations are given in Appendix 1)

Definition of restraint

Physical restraint is the positive application of force with the intention of protecting the child from harming himself or others or seriously damaging property.

General policy aims

The West Thornton Primary Academy staffing team recognise that the use of reasonable force is only one of the last in a range of strategies available to secure pupil safety and well-being and also to maintain good order and discipline. Our policy on restraint should therefore be read in conjunction with our Behaviour Policy and Child Protection policies.

Specific aims of the restraint policy

- To protect every person in the school community from harm
- To protect all pupils against any form of physical intervention that is unnecessary, inappropriate, excessive or harmful
- To provide adequate information and training for staff so that they are clear as to what constitutes appropriate behaviour and to deal effectively with violent or potentially violent situations

Why use restraint?

Physical restraint should avert danger by preventing or deflecting a child's action or perhaps by removing a physical object, which could be used to harm him / herself or others. It is only likely to be needed if a child appears to be unable to exercise self-control of emotions and behaviour.

It is not possible to define every circumstance in which physical restraint would be necessary or appropriate and staff will have to exercise their own judgement in situations which arise within the above categories. Staff should always act within the School's policy on behaviour and discipline, particularly in dealing with disruptive behaviour.

Staff should be aware that when they are in charge of children during the school day, or during other supervised activities, they are acting in loco parentis and should, therefore, take reasonable action to ensure pupils' safety and well-being.

Failure to physically restrain a pupil who is subsequently injured or injures another, could, in certain circumstances, lead to an accusation of negligence. At the same time staff are not expected to place themselves in situations where they are likely to suffer injury as a result of their intervention.

Alternative strategies

There are some situations in which the need for physical restraint is immediate and where there are no equally effective alternatives (e.g. When a pupil is about to run across a road). However, in many circumstances there are alternatives e.g. the use of assertiveness skills such as:

- the broken record in which an instruction is repeated until the pupil complies
- use of a distracter, such as a loud whistle, to interrupt the behaviour (such as a fight) long enough for other methods of verbal control to be effective
- withdrawal of attention (audience) e.g. if an action such as damage to property is threatened
 - other techniques designed to defuse the situation, such as the avoidance of confrontation, or use of humour (in these cases the incident can be dealt with later when emotions are no longer running high)
- the employment of other sanctions consistent with the School's policy on behaviour.

Use of physical restraint

Physical restraint should be applied as an act of care and control with the intention of re-establishing verbal control as soon as possible and, at the same time, allowing the pupil to regain self-control. It should **never** take a form which could be seen as a punishment.

Staff are only authorised to use reasonable force in applying physical restraint, although there is no absolute definition of this, as what constitutes reasonable force depends upon the particular situation and the pupil to whom it is being applied. However, as a general rule, only the force necessary to stop or prevent the behaviour should be used, in accordance with the guidelines below.

There are some forms of physical intervention, which may involve minimal physical contact, such as blocking a pupil's path or the staff member physically interposing him or herself between the pupil and another pupil or object. However, in some circumstances, direct physical contact may be necessary.

In all circumstances other methods should be used if appropriate and effective physical restraint should be a last resort.

When physical restraint becomes necessary:

DO

- Tell the pupil what you are doing and why
- Use the minimum force necessary
- Involve another member of staff if possible
- Tell the pupil what s/he must do for you to remove the restraint (this may need frequent repetition)
- Use simple and clear language
- Hold limbs above a major joint if possible e.g. above the elbow
- Relax your restraint in response to the pupil's compliance

DON'T

- Involve yourself in a prolonged verbal exchange with the pupil
- Attempt to reason with the pupil
- Involve other pupils in the restraint
- Touch or hold the pupil in sexual areas
- Twist or force limbs back against a joint
- Bend fingers or pull hair
- Hold the pupil in a way which will restrict blood flow or breathing e.g. around the neck

- Slap, punch, kick or trip up the pupil
- Act in temper (involve another staff member if you fear loss of control)

Actions after an incident

Physical restraint often occurs in response to highly charged emotional situations and there is a clear need for debriefing after the incident, both for the staff involved and the pupil. A member of the leadership team should be informed verbally of any incident as soon as possible and all interventions should be recorded on the school CPOMS system (Child Protection Online Monitoring System), on the school's Behaviour Incident Form (see Appendix 2) and in the restraint record book (located in the Headteacher's office).

The senior leadership team will take responsibility for making arrangements for debriefing once the situation has stabilised. An appropriate member of the teaching staff should always be involved in debriefing the pupil involved and any victims of the incident should be offered support, and their parents/carers informed.

If the behaviour is part of an on-going pattern it may be necessary to address the situation through the development of a behaviour plan, which may include an anger management programme, or other strategies agreed by the SENCO. Any behaviour plan should always be discussed and agreed with the parent/carer.

It is also helpful to consider the circumstances precipitating the incident to explore ways in which future incidents can be avoided. All incidents should be recorded (CPOMS, behavior incident form and log book) immediately. All sections of this report should be completed so that in the event of any future complaint a full record is available. A member of the leadership team will contact parents as soon as possible after an incident, normally on the same day, to inform them of the actions that were taken and why, and to provide them with an opportunity to discuss it.

Risk Assessments

If we become aware that a pupil is likely to behave in a disruptive way that may require the use of reasonable force, we will plan how to respond if the situation arises. Such planning will address:

- Management of the pupil (e.g. reactive strategies to de-escalate a conflict)
- Involvement of parents to ensure that they are clear about the specific action the school might need to take
- Briefing of staff to ensure they know exactly what action they should be taking (this may identify a need for training or guidance)
- Identification of additional support that can be summoned if appropriate

Complaints

A clear restraint policy, adhered to by all staff and shared with parents/carers, should help to avoid complaints. It is unlikely to prevent all complaints, however, and a dispute about the use of force by a member of staff might lead to an investigation, either under disciplinary procedures or by the Police and social services department under child protection procedures.

It is our intention to inform all staff, pupils, parents and governors about these procedures and the context in which they apply.

Appendix 1

When might it be appropriate to use reasonable force?

Examples of situations that may require restraint are when:

- a pupil attacks a member of staff, or another pupil
- pupils fighting or a pupil is causing, or at risk of causing, injury or damage by accident, by rough play, or by misuse of dangerous materials, substances or objects
- a pupil is running in a corridor or on a stairway in a way in which he/she might have or cause an accident likely to injure her/himself or others
- a pupil absconding from a class or trying to leave school (NB this will only apply if a pupil could be at risk if not kept in the classroom or at school)
- a pupil persistently refuses to obey an order to leave an area
- a pupil behaves in such a way that seriously disrupts a lesson.

Appendix 2



BEHAVIOUR INCIDENT REPORT

Please complete all sections

Section 1

Name of Pupil:	Year/Group:	Time:
Date of Incident:	Place/Activity:	
Reporting Staff:	Others Present:	

Section 2: Antecedents (a brief description of events leading up to the incident)

Section 3: Behaviour (please indicate sequence of behaviour)

Biting		Spitting		Theft	
Damage to property		Absconding (class/school)		Throwing objects	
Verbal abuse		Work refusal		Scratching/pinching	
Kicking/hitting		Disruption (please specify)		Bullying	
Other (please specify)					

Section 4: Intervention (De-escalation techniques used)

Verbal advice & Support		Physical intervention e.g. (prompted) excluding restraint		Non-threatening body language	
Calm talking		Warning		Instruction	
Distraction		Reassurance		Step Away	
Negotiation		Humour		Options offered	
Other (please specify)					

Section 5. Was positive handling used? Yes/No (if Yes, please complete form overleaf)

Section 6: Action taken after incident

Talk through		Sanction/consequence		Exclusion by Headteacher	
Directed Withdrawal		Sent home		Parents informed	
Internal exclusion					

Duration of incident, how long before pupil re-integrated into the class and their routine? _____

TAs to debrief with Teacher

Class Team to Follow up with SLT

(Debriefing is the responsibility of the Teacher and Class Team and they must seek out SLT member or member of staff responsible for behaviour if required)

Other relevant comment:

Section 5. Report of Incident of Physical Restraint

Child's name:

5.1 Justification for Physical Restraint (please underline)

- 1) Child injuring themselves or in danger of injuring themselves.
- 2) Child injuring others or in danger of injuring others.
- 3) Seriously damaging property or in danger of seriously damaging property.
- 4) Serious disruption, prejudicial to good order.

5.2 Positive restraint technique(s) used. Please indicate sequence of use

Two person escort		Standing		Single staff	
Two person holding		Seated		Two staff	
Straight arm immobilization		Kneeling		Three staff	
Kicking out -seated					

5.3 Resulting injury: YES/NO (please delete as appropriate) If Yes, please give details:

Staff Pupil Both Accident form completed? Yes Date:

(Please complete and attach a **copy** of the accident form)

Body map completed? Yes No Medical treatment Yes No

Any resulting damage to property? No Yes

Please give brief details

5.4 Name(s) of staff involved in restraint:

5.5 Signature(s) of Staff witness(es):

5.6 Any other relevant information e.g. child's response, further action needed.

Signature of reporting adult:	Date
Signature of witness:	Date

Please ensure Section 6 of Incident Report (action taken after incident) has been completed

To be completed by Headteacher or Deputy Headteacher	
Parents informed	Yes / No
Any others informed (specify)	Yes / No
Staff debriefed	Yes / No
Incident logged	Yes / No
Child debriefed	Yes / No
Outcomes of debriefs/any further action necessary	Yes / No
Signed	Date

Please pass to Headteacher on day of incident