



WAIKATO DIOCESAN  
School for Girls

## Managing Challenging Behaviour and Physical Restraint Policy

### NAG 5 – Health and Safety Policy # 5.6

#### Rationale

The Board of Trustees and Proprietor's Board of Waikato Diocesan School for Girls are committed to providing a safe physical and emotional environment for the students and staff of the School. The Boards recognise that, in certain circumstances, the behaviour of an individual student may pose a risk to the safety of another person or persons, and physical restraint of that student may be necessary.


#### Policy Statement


To minimise the effect of challenging behaviour, the Boards shall ensure that effective procedures are in place around the management of student behaviour and the use of physical restraint.

#### Guidelines

1. 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.
2. Staff shall be well versed in prevention and de-escalation strategies used to limit the need to physically restrain a student.
3. The 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, and
  - the restraint used is reasonable and proportionate in the circumstances.
4. Identified student(s) will have an individualised care plan, which may include physical restraint procedures consistent with Ministry of Education guidelines and procedures.
5. Authorised staff are identified employees authorised by their employer (the Board of Trustees and/or Proprietor's Board) to use physical restraint.
6. Teachers and staff members who are authorised to physically restrain students shall receive suitable training and support.
7. The Board delegates to the Principal the 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 students' individual behaviour plan.
8. 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.
9. Instances, matters or risks in relation to this policy shall form part of the principal's report to every board meeting, without identification of individual students.
10. This policy applies throughout the school.

11. All staff will be given access to and 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.
12. Complainants with concerns regarding the use of physical restraint must follow the school's prescribed concerns and complaints procedure (Concerns and Complaints Policy).
13. Legislation associated with this policy: The Education and Training Act 2020, Education (Physical Restraint) Rules 2017, Health and Safety at Work Act 2015 and subsequent amendments, Vulnerable Children Act 2014, and Children's Act 2014.

Adopted by BOT:  Signed (BOT Chairperson)  
31/8/22 Date

Adopted by PB:  Signed (PB Chairperson)  
27.9.22 Date

Reviewed: August 2022

Next review: 2025