



St Edward's Catholic First School
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We See Jesus In Everything We Do

RESTRICTIVE PHYSICAL INTERVENTION RESTRAINT POLICY

INTRODUCTION

At St Edward's Catholic First School, we subscribe to the principles of Team Teach [\[www.teamteach.co.uk\]](http://www.teamteach.co.uk) - this is behaviour management training that incorporates early intervention of challenging behaviours and de-escalation strategies, but also uses Restrictive Physical Interventions (RPI).

DE-ESCALATION

RPI is a last resort. In order to try to avoid the necessity for RPI, staff should try to deescalate the situation by:

- Step in between children if an argument has escalated and ask the other children to move away.
- Asking other staff to support them (ask children to get staff from nearby classroom if necessary)
- Inform the child, "I can see that you are upset, so we are leaving the room / playground for a 'Time Out' for you to be able to calm down."
- Two members of staff can then walk with the child away from the incident point.
- If the child refuses to leave the room / playground, then the rest of the class could leave to prevent the child from hurting others.

Once out of the classroom, take the child for a walk round the school field until they are ready to talk and give them space and time.

RPI will only be used by staff when all other behaviour strategies have failed. There are certain criteria that must be met before the decision can be made to use a physical restraint with a student. The reference for this is taken from the Department of Education July 2013 guidance 'Use of Reasonable Force'.

These are:

- Prevent the student from hurting themselves
- Prevent the student from hurting others
- Prevent the student from damaging property

If a restraint is carried out, it must be reasonable and proportionate to the behaviour being carried out by the student. All incidents of restraint must be recorded on the accident reporting system (CPOMS) with parents informed on the same day that the incident has occurred. Only staff that have completed Team Teach training will be authorised to carry out a restraint on a student unless in extreme circumstances.

Having too many members of staff in view during a restraint can contribute to students remaining in a crisis state, so if members of staff are not involved or helping it is essential that they move themselves away from the situation.

'Change of face' is an extremely important tool to use after an episode of restraint as it is very likely that in the initial period after being restrained the student will be very angry with the staff member/s

who carried out the restraint. Therefore a 'change of face' to members of staff not involved in the restraint may help the student to calm quicker.

Team Teach techniques seek to avoid injury to the student but it is possible that bruising or scratching may occur accidentally, and these are not to be seen necessarily as a failure of professional technique, but a regrettable and infrequent side effect of ensuring that the student remains safe. Additionally, due to the nature of the behaviours displayed by some students, there will be times when staff members receive minor injuries themselves. Any injuries that occur to students or staff during a restraint or episode of challenging behaviour by a student must be recorded on CPOMS, the accident reporting system.

HELP PROTOCOL

If class staff believe that a student's behaviour has escalated to the point that the staff within their class are unable to manage the situation, then they should seek additional support from other classes, nearby staff, or a member of the Senior Leadership Team.

STAFF DEBRIEFS

Being involved in a RPI incident can be a very challenging experience for a member of staff on both a physical and emotional level; therefore, it is imperative that staff members are provided with adequate support from within their teams after any RPI incident. Where possible staff members should be offered a short time out so that they have an opportunity to gather themselves and reflect upon the situation. Staff teams are encouraged to reflect upon all incidents of RPI to look at triggers to the events and whether the situation could have been managed differently.

Reviewed:	Headteacher	November 2021
Approved:	Curriculum Committee	March 2022
Ratified:	FGB	March 2022
Review frequency	Annually	
Signed by Chair of Governors		
Signed by Headteacher		