



POSITIVE BEHAVIOUR MANAGEMENT

REDUCING STUDENT DISTRESS TO MINIMISE PHYSICAL RESTRAINT INTERVENTION

Background to policy:

Student and staff wellbeing is a priority at RidgeView School. Since physical restraint is a serious intervention to be used as a last resort these guidelines aim to minimise the use of physical restraint. **If there is an alternative to physically restraining a student, always use the alternative.**

Policy Statement:

This policy outlines Ridgeview School's commitment to the safety and wellbeing of students and staff.

Policy Implementation:

A supportive and caring school culture promotes whole-of-school wellbeing. This supports understanding, recognition and safe responses to student distress and minimises the use of physical restraint. This is achieved by a shared vision, strong leadership, good planning, and collaborative working as follows:

- Sustain and support student tapu and mana (sacredness maintained through protective practices, intrinsic value and potential passed down inherently through whakapapa). Students' intrinsic potential and the right to self-determination is significant so they can be their full selves at school and in their learning and relationships.
- Strengthen trusting relationships, meaningful participation and communication with students and their whanau.
- Build on student and whanau centred approaches that respond to their unique strengths and needs, recognising and valuing all perspectives.
- Identify the students' personal signs of distress or unhappiness and intervene early.
- Monitor wider classroom/playground behaviour carefully for potential areas of conflict.
- Communicate calmly - talk quietly, even when the student(s) is/are loud, remain calm and respectful and give the student(s) clear choices and/or direction to help them feel more secure and regain control.
- Manage behaviour in a positive way.
- Think ahead in case the situation escalates - make sure you have an exit plan and extra staff support if deemed necessary.
- Recognise how school and classroom environments may contribute to student distress.
- Provide a motivating, engaging and reflective teaching environment for students that supports their wellbeing.

Complaints will be dealt with through Ridgeview Schools "*Concerns and Complaints Policy*" process.

A copy of the guidelines and rules regarding physical restraint is kept in the schools Health and Safety folder and is available upon request.

This policy will be reviewed as per the Board's Effectiveness Review Programme

Confirmed by the Board of Trustees on: _____ **(date)**

The planned review date will be: _____ **(date)**

Chairperson

Principal