



Physical Intervention and Restraint Policy

Saint Saviour's Church of England Junior School

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Policy:	Physical Intervention and Restraint Policy
Review Period:	2 years
Ratified by Governing Body:	September 2025
Date of next review:	September 2027

Christian Vision

St. Saviour's fosters a strong sense of community and belonging. We instil a sense of calmness within our school environment, just as Jesus calmed the storm, which we believe extends into the wider community. Our progressive curriculum exposes children to new experiences which gives every child the opportunity to achieve their potential. Through these principles, we seek to create an inclusive and supportive space where all individuals feel valued and journey with us through the storm and calm of life.

Christian Values

Christian values inform our actions and thoughts on a daily basis.

Community, Consideration, Courage

Our vision and values are at the core of everything we do. They underpin our teaching and learning, and provide an environment which prepares our pupils as confident, happy citizens.

How is this policy a reflection of our vision and values?

The Christian values of Community and Consideration are key to this policy. A calm environment and good behaviour promote the welfare and achievement of all members of our Christian community. Even when children are not behaving as they should, they should still be treated with Consideration. Poor behaviour, particularly physically challenging behaviour, is often a symptom of deeper issues, this is not an excuse for poor behaviour but we should consider this when carrying out physical restraint.

Introduction and rationale

Behaviour at St. Saviour's is generally very good, we have lovely children and supportive families. Our behaviour strategies centre around knowing working with our families, specific praise, warnings then structured sanctions.

On rare occasions, restraint or physical intervention is required. This policy aims to provide guidance for staff and ensure consistency of approach. The safety of children and staff is paramount.

The following principles apply:

- Physical intervention should only ever be a last resort
- Physical contact and force should be the minimum required
- Physical contact must be safe for the child and adult
- The dignity of the child must be respected
- Incidents must be recorded in MyConcern
- Where the potential need for physical intervention is foreseen, a Handling Plan should be drawn up and shared with the parent / carer
- Parents must be informed of any physical intervention

Legal framework

Section 93 of the 2006 Education and Inspections Act allows, 'teachers and other persons who are authorised by the Headteacher who have control or charge of pupils to use such force as is reasonable in all the circumstances to prevent a pupil from doing or continuing to do any of the following:

- Causing injury to his/herself or others
- Committing an offence
- Damaging property
- Prejudicing the maintenance of good order and discipline

Our approach

At St. Saviour's, we aim to avoid the need for physical intervention by following our Behaviour Policy. A skilled teacher can prevent most poor behaviour by having a positive classroom ethos, a professional, caring and positive relationship with the children, well-planned activities and employing praise and structured sanctions when needed. Our school ethos is strongly informed by our Christian values. Treating others as we would wish to be treated, based on the teachings of Jesus, is reinforced regularly in collective worship, RE, PHSE and by staff modelling respect. School leaders are very visible around school and also outside school at drop-off and collection times – we get to know our families.

Staff in charge of children are acting in 'loco parentis' and have a duty of care to ensure pupils' safety and wellbeing. Staff are not expected to risk injury as a result of physical intervention.

Mr Bonell, Mr Arnold Mrs Tift and Mr Bealing have completed physical intervention and restraint training and should be the only staff who carry out this activity. The only exception to this is where the risk posed to the child or another person is so great they outweigh the risk of restraint (for example, if a child was about to run into traffic, was about to use a weapon or pose a grave risk to themselves or others).

Should physical intervention or restraint be used - or if communication about it potentially being used - is needed, such communication will be via the Headteacher or Deputy Headteacher.

During an incident

If all other strategies have not moderated the child's actions

Do:

- Tell the pupil what you are about to do and why
- Ensure there is another adult present
- Use the minimum force required
- Tell the pupil what they need to do in order for restraint to be removed
- Use a calm voice
- Use simple and clear language
- As the pupil becomes more compliant, relax restraint

Do not:

- Act in temper
- Involve yourself in a prolonged verbal exchange with the pupil

After an incident

- Inform the parent. Restraint will only ever be needed to counter extreme behaviour by a pupil, the parent / carer will want to know about such behaviour
- Debrief the child. The child may need hours or part of a day to calm down. A conversation between the child, a trusted adult (this may be the child's parent, class teacher or a member of support staff) and the adult who had to carry out restraint. During this debrief, strategies to avoid such a situation should be discussed with the child
- Debrief the adult. Restraining a child is the last thing any teacher wants to do and places them in a vulnerable situation – both physically and professionally. Teachers are vulnerable to accusations of using inappropriate force and this causes anxiety during and after any use of physical restraint. Reviewing the circumstances which precipitated the incident and having a plan for what to do next time will help to reduce the future need for restraint
- Provide support to any other adults or children affected by or witnessing physical intervention or restraint. If children witness intervention, they may feel anxious and worry for the child or the adults involved. Children at St. Saviour's witness very little physical behaviour and will be shocked. Class teachers are often best placed to discuss incidents with their class but additional adults such as SLT, FLOs or our bought-in therapist may also help

Handling Plans (see Appendix 1)

If we become aware that a pupil is likely to act in such way that requires intervention, we will plan how to respond. Such planning will address:

- Strategies to be used to avoid intervention
- Ways of avoiding known triggers
- Involvement of parents or carers to ensure they are clear about the action the school may take. Parents / carers may have valuable knowledge about a child's triggers and how best to respond to behaviours
- Briefing staff so they know what to do

- Identification of adults who should be called upon to help

Complaints and allegations

Any concerns or complaints about the use of physical intervention should be investigated – this will involve senior leaders and the Chair of Governors. Guidance from the KCC Local Area Designated Officer (LADO) may also be sought. Parents should be referred to the school’s Complaints policy.

Appendix 1

Handling Plan

Name of Child:		
Class Teacher:		
Adults designated to provide physical intervention:		
Known triggers of poor behaviour	Behaviours likely to require intervention	Strategies which may avoid the need for physical intervention

What staff need to do if behaviour worsens and physical intervention may be required	Locations of likely incident and where to take child or the rest of the class in order to protect other children	The types of intervention we envisage being used (if known).
Signature of parents / carer	Signature of HT or DHT	Signature of class teacher
Date	Date	Date