



**TRUST EDUCATION GROUP**

## **Trust-Education Group Ltd**

### **Restrictive Physical Intervention and Seclusion Policy**

Trust-Education Group Ltd is committed to creating a safe, nurturing, therapeutic, and trauma-informed environment in which all pupils can learn, develop, and thrive.

The school recognises that pupils with social, emotional, and mental health (SEMH) needs may experience periods of distress, dysregulation, or crisis behaviour.

The school will always seek to:

- Prevent escalation.
- Reduce risk.
- Promote safety.
- Preserve dignity.
- Protect welfare.
- Maintain positive relationships.
- Minimise the use of restrictive practices.

Restrictive physical intervention will only be used:

- As a last resort.
- When necessary to prevent harm.
- For the shortest time possible.
- In the least restrictive manner.
- In a proportionate and lawful way.
- In accordance with this policy.

### **Core Principles**

Trust-Education group Ltd adopts The following principles:

- Safety First
- Least Restrictive Practice
- Child-Centred Decision Making
- Trauma-Informed Practice
- Dignity And Respect
- Accountability And Transparency
- Proportionality

- Necessity
- Professional Judgement
- Continuous Review

Every intervention must be:

- Necessary
- Reasonable
- Proportionate
- Time Limited
- Recorded
- Reviewed

## Prevention And Early Intervention

The School Prioritises:

### Therapeutic Approaches

- Emotion Coaching
- Restorative Practice
- Therapeutic Conversations
- Solution-Focused Approaches
- Positive Behaviour Support
- Relational Practice

### Environmental Strategies

- Safe Spaces
- Calm Areas
- Sensory Regulation Opportunities
- Reduced Demand Strategies
- Flexible Timetabling
- Structured Routines

### Behaviour Support Strategies

- Positive Reinforcement
- Individual Behaviour Support Plans
- Risk Reduction Planning
- Early Intervention
- Pastoral Support
- Therapeutic Mentoring

## **Individual Planning**

Where risks have been identified the school will maintain:

### **Positive Handling Plans**

Including:

- Known Triggers
- Early Warning Signs
- Preferred De-Escalation Strategies
- Effective Calming Techniques
- Agreed Physical Intervention Strategies
- Post-Incident Support Arrangements

### **Individual Risk Assessments**

Including:

- Identified Risks
- Control Measures
- Staff Responsibilities
- Environmental Adjustments
- Review Dates
- Monitoring Arrangements

### **Circumstances In Which Restrictive Intervention May Be Used**

Restrictive Intervention may only be used where there is an immediate risk of:

- Serious Injury To The Pupil
- Serious Injury To Another Pupil
- Serious Injury To Staff
- Serious Damage To Property
- Significant Harm To Others
- Dangerous Absconding
- Serious Disorder Creating A Risk Of Harm

Before Any Intervention Staff Must Consider:

- Is Intervention Necessary?
- Is Intervention Reasonable?
- Is Intervention Proportionate?
- Is There A Less Restrictive Alternative?
- Can Further De-Escalation Be Attempted?
- Is The Risk Immediate?

## Prohibited Practices

The following practices are **strictly prohibited**:

- Corporal Punishment
- Pain Compliance Techniques
- Deliberate Infliction Of Pain
- Punishment-Based Restraint
- Humiliating Treatment
- Degrading Treatment
- Restriction Of Breathing
- Neck Holds
- Unauthorised Prone Restraint
- Locking A Pupil Alone In A Room
- Withholding Food
- Withholding Water
- Withholding Medication
- Threatening Physical Intervention As A Punishment

Any Such Practice May Result In:

- Safeguarding Investigation
- Disciplinary Action
- Referral To External Agencies
- Referral To Regulatory Bodies

## Staff Training

All Staff Will Receive Training In:

- Behaviour Management
- Safeguarding
- Child Protection
- Trauma-Informed Practice
- De-Escalation Techniques
- Positive Relationships
- SEMH Needs

All staff will receive additional training in:

- Positive Handling
- Restrictive Physical Intervention
- Risk Reduction Strategies
- Safe Physical Techniques
- Post-Incident Review Procedures

The school will maintain:

- Training Certificates
- Attendance Records
- Refresher Training Records
- Competency Assessments

## **Recording Requirements**

A written record must be completed following every restrictive intervention.

Records must include:

- Pupil Name
- Date
- Time
- Location
- Staff Involved
- Witnesses
- Antecedents
- Triggers
- Risks Presented
- De-Escalation Strategies Attempted
- Type Of Intervention Used
- Duration Of Intervention
- Injuries Sustained
- Medical Attention Provided
- Outcome Of Intervention
- Follow-Up Actions
- Review Outcomes

The record must be:

- Accurate
- Factual
- Objective
- Signed
- Reviewed By Senior Leaders

## **Reporting To Parents And Carers**

Parents or carers will be informed following any incident involving:

- Restrictive Physical Intervention
- Restraint

- Immobilisation
- Seclusion
- Use Of Reasonable Force

Notification will normally occur:

- On The Same Day
- As Soon As Practicable
- By Telephone Where Possible
- Followed By Written Confirmation



The written report will include:

- Date Of Incident
- Time Of Incident
- Location Of Incident
- Duration Of Intervention
- Reason Intervention Was Necessary
- Type Of Intervention Used
- Staff Involved
- Injuries Sustained
- Support Provided Following The Incident
- Review Arrangements
- Contact Details For Further Discussion



### **Post-Incident Support**



Following any restrictive intervention the school will provide:

### **Support For The Pupil**

- Welfare Check
- Emotional Support
- Opportunity To Reflect
- Restorative Discussion
- Access To Trusted Adults
- Ongoing Monitoring



### **Support For Staff**



- Welfare Check
- Debrief Meeting
- Professional Support
- Reflection Opportunity
- Access To Wellbeing Services

## Monitoring And Governance

The Headteacher will maintain:

- Restrictive Intervention Register
- Parent Communication Records
- Training Records
- Risk Assessments
- Positive Handling Plans
- Monitoring Reports

Termly Monitoring Will Review:

- Frequency Of Incidents
- Duration Of Incidents
- Location Of Incidents
- Repeat Incidents
- Injury Data
- Protected Characteristics Data
- Staff Training Compliance
- Emerging Trends
- Effectiveness Of Interventions
- Reduction Strategies

Reports presented to the proprietor will include:

- Statistical Analysis
- Trend Information
- Areas Of Concern
- Actions Taken
- Training Updates
- Safeguarding Considerations
- Future Improvement Priorities



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