



Physical Restraint Support plan

There are many ways a support plan can be developed—this is an example that covers key aspects of a support plan. This can be adapted as needed.

Student name

Date

Next review date

Team members

**Whānau/family
information**

Strengths and needs

**Proactive strategies – learning environment, home environment, teaching and learning,
peer relationships**

Recognise and respond to signs of distress

Stress Triggers	How the ākonga feels	What we see	Support, strategy, approaches and resources (minimising distress)	Calming techniques, physical contact (maximising wellbeing)
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Names of people who can help in situations of distress

Any additional information

If the use of physical restraint has been identified as being part of this support plan, please complete the physical restraint consent form.

Physical Restraint: Consent form

If the use of physical restraint has been agreed to form part of a support plan, you will need to get consent from parents or caregivers. This form can be adapted to align with your school values and approaches.

Consent for including physical restraint in a support plan

Name of student

Teachers and authorised staff members working with the student who are trained to use physical restraint

Physical holds that may be used, if necessary, to prevent imminent harm

Any physical, health or psychological conditions that may be impacted by physical restraint and how these will be managed

Any steps being taken to eliminate the use of restraint for this student

Actions to be taken following an incident of physical restraint (must include notification of parents/caregivers and monitoring of student wellbeing)

This form will be reviewed (circle one): weekly monthly every term every six months annually

Signatures

Date

Principal or principal's delegate:

Parents or caregivers:

E)

Checklist – following an incident of physical restraint

TASK	COMPLETED	NOTES
Has the principal/delegated manager been notified of the incident?		
Have whānau been notified?		
Has a debrief with whānau been booked?		
Has the Ministry been notified via the online physical restraint reporting form?		
Has a review meeting been scheduled?		
Have any referrals been made?		
Does a support plan need to be developed or reviewed?		
Does your school policy on physical restraint need to be reviewed?		
Signed		
Date		

F)

Physical Restraint: Sample debrief form

This form can be adapted to align with your school values and approaches.

Date of debrief

Time of debrief

Date of incident

Attendees at the debrief

Who was involved in the incident

What led up to the incident?

What approaches/strategies were used – how effective were they?

What would we do again or differently?

Next steps/agreed actions

Principal or principal's delegate signature

Date

6)

Physical Restraint Legislation Key Dates & Timing

Physical Restraint legislation - reminder of key dates and timing

7 February 2023

New physical restraint rules and guidelines come into force

7 May 2023

Schools must have a policy on student distress and the use of physical restraint

7 February 2024

All teachers and authorised staff must complete mandatory online training module

By 7 February 2025

Additional online training is completed (if it is part of your training plan)

As soon as possible

When you should contact parents/caregivers after physical restraint has been used

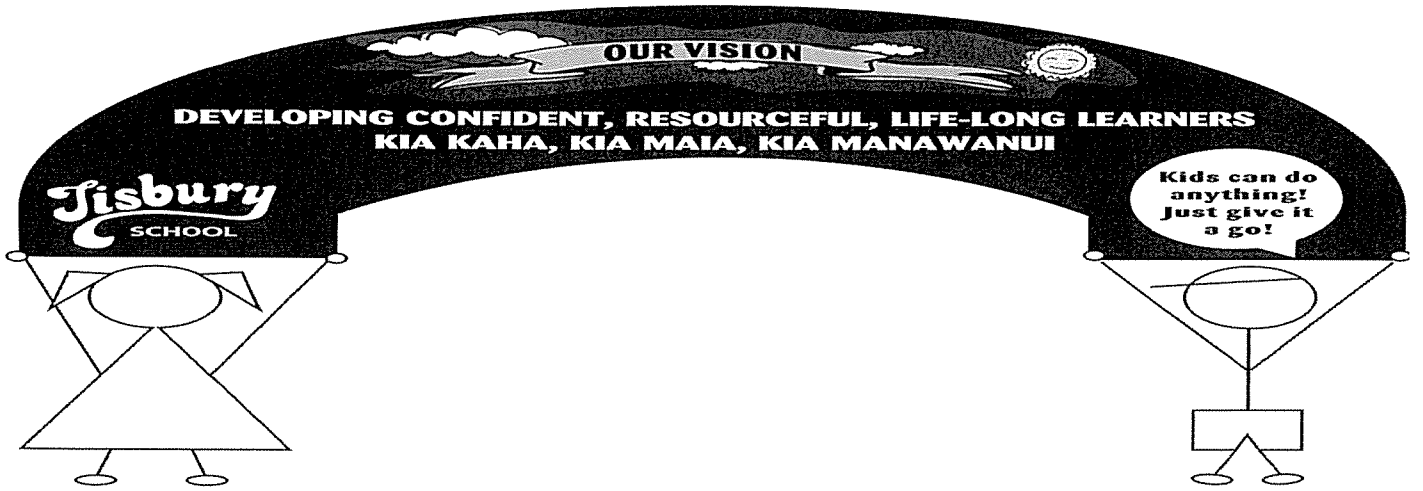
3 working days (or later by agreement)

The maximum period between an incident of physical restraint and a debrief with parents/caregivers

10 years

How long schools need to keep records (counted from the last action taken)

14)



14 March 2023

Teachers Aide
Tisbury School

Dear

Physical Restraint at Tisbury School

The Tisbury School Board of Trustees authorises you to use physical restraint as per the schools behaviour management documentation which includes:

- Education (Physical Restraint) Rules 2023 and
- Aramai He Tētēkura Arise our Future Generations – A guide to understanding distress and minimizing the use of physical restraint.

As per the rules, you are to complete the online training modules.

Yours sincerely
Tisbury School Board of Trustees

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Board Chair

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