



# Care and Control Policy

September 2023



WELLSPRING

We Make A Difference

This policy should be read in conjunction with the following policies:

- Child Protection Policy
- Behaviour and Relationships Policy
- Whistle Blowing Policy
- Health and Safety Policy

## **Vision, Values and Ethos**

### **At Springwell Harrogate we:**

- aim to provide the best possible care and education that we can for children and young people with Social, Emotional and Mental Health (SEMH) needs
- treat our children and young people with unconditional positive regard create an academy that is welcoming, caring and safe
- treat children with respect and teach them to respect others
- believe all our pupils can be supported and empowered to succeed
- create individual and personalised pathways for our students that are built around their varied needs to prepare our students for their onward destinations into continuing education, work or training.
- deliver learning that is engaging, creative, and innovative
- see strong relationships as the key to our success – with students, parents, carers, agencies and the wider community.

## **Introduction**

The purpose of the policy is to provide clarity for all teaching and support staff working with children and young people, to inform them what is acceptable in relation to the use of physical intervention to keep children and staff safe, manage challenging behaviour, and to prevent any misunderstanding of their intentions. It is also intended to inform children, their parent(s), carer(s), families and other relevant stakeholders of the legal position in relation to physical intervention, and systems and procedures that we follow at Springwell Harrogate.

There is a common misconception that any physical contact with a child is in some way unlawful. This is NOT true.

***School staff have the power to use force and lawful use of the power will provide a defence to any related criminal prosecution or other legal action.***

### **Page 3, The Use of Reasonable Force – Advice for head teachers, staff and governing bodies – July 2013**

At Springwell Harrogate we constantly strive to create a calm, purposeful learning environment that minimises the risk of incidents arising that might require the use of force. To support this aim, all pupils have an Individual Pupil Risk Assessment and Behaviour Plan (IPRA, BP) based on informed knowledge of the needs of each child.

In relation to inappropriate behaviour, staff at the school will use their skills to defuse conflict situations. We will distract, persuade and negotiate with young people as well as reminding them of rules, privileges, rewards and sanctions and effectively using assertive language to support their behaviour.

There may be circumstances however, where verbal de-escalation alone is not enough to deal with the risks that present themselves, and physical steps need to be taken.

This policy has been draw up taking cognisance of DFE guidance: The Use of Reasonable Force (July 2013), Section 93 of The Education and Inspections Act 2006, DFES guidance LEA/264/2003: Guidance on the Use of Restrictive Physical Interventions for Pupils with Severe Behavioural Difficulties (Sept 2003) and the joint DFES/DOH guidance: Guidance for Restrictive Physical Interventions (July 2002).

Every effort will be made to ensure that all staff at Springwell Harrogate:

- clearly understand this policy and their responsibilities in the context of their duty of care in taking appropriate measures where physical intervention is necessary
- are provided with appropriate training to deal with incidents safely and effectively.

## **Underpinning values**

Everyone attending or working in this academy has a right to:

- recognition of their unique identity;
- be treated with respect and dignity;
- learn and work in a safe environment;
- be protected from harm, violence, assault and acts of verbal abuse whilst accepting that we work in a specialist setting and the students with which we work provide us with significant challenge and have special educational needs that mean that they may at times be verbally / physically aggressive to staff and each other.

Pupils attending this school and their parents have a right to:

- individual consideration of pupil needs by the staff who have responsibility for their care and protection;
- expect staff to undertake their duties and responsibilities in accordance with the school's policies;
- be informed about school rules, relevant policies and the expected conduct of all pupils and staff working in school;
- be informed about the school's complaints procedure.

The school will ensure that pupils are given support to understand the need for and respond to clearly defined limits, which govern behaviour in the school.

## **Strategies for dealing with challenging behaviour:**

### **Prevention of challenging behaviour**

#### **Primary Prevention**

This is achieved by:

- The deployment of appropriate staffing numbers;
- The deployment of appropriately trained and competent staff; Ensuring high quality teaching and learning;
- An excellent understanding of the needs of children and young people; Avoiding situations and triggers known to provoke challenging behaviour; Creating opportunities for choice and achievement;
- Developing staff expertise through a programme of Continuous Professional Development; Exploring pupils' preferences relating to the way/s in which they are managed.
- Continual training around conditions common to our students such as trauma and attachment

#### **Secondary Prevention**

This involves the recognition of the early stages of a behavioural sequence that is likely to develop into violence or aggression and employing de-escalation techniques to avert or limit these.

A Behaviour Plan (BP) will be set up within the students Individual Pupil Risk Assessment (IPRA) to clarify the appropriate application of gradually increasing or decreasing levels of force in response to the particular child/young person's behaviour. Where there is clear documented evidence that particular sequences of behaviour escalate rapidly into violence, the use of a restrictive physical intervention (RPI) at an early stage in the sequence may, potentially, be justified if it is clear that:

- Primary prevention has not been effective, and
- the risks associated with NOT using an RPI are greater than the risks of using a RPI, and Other appropriate methods, which do not involve RPI, have been tried without success
- or on occasions the speed and nature of the outburst mean that there has been no time to attempt de-escalation strategies
- The school uses PHSE, Social and Emotional Aspects of Learning (SEAL), trauma informed practice and nurture approaches to help pupils to learn about feelings and managing conflict, where this is appropriate to their level of development. The curriculum and ethos promote independence, choice and inclusion and pupils are given maximum opportunity for personal growth and emotional

wellbeing.

As endorsed in the school's Behaviour and Relationships Policy, staff consistently use positive strategies to encourage acceptable behaviour and good order.

Every effort will be made to resolve conflicts positively and without harm to pupils or staff, property, buildings or the environment. Some or all of the following approaches should be taken according to the circumstances of the incident and the needs of the child or young person:

- Verbal (or non-verbal e.g. Makaton if appropriate) acknowledgement of unacceptable behaviour with request for the pupil to refrain; (this includes negotiation, care and concern)
- Further verbal advice stating:
  - that this is the second request for compliance;
  - an explanation of why observed behaviour is unacceptable;
  - an explanation of what will happen if the unacceptable behaviour continues. ● Warning of intention to intervene physically and that this will cease when the pupil complies, if possible summon assistance from other staff.

### **Physical intervention:**

#### **Reasonable force being used in line with legislation and guidance.**

All staff are trained in skills to help them to defuse situations before behaviour becomes challenging and how to de-escalate incidents should they arise. At Springwell Harrogate this is through the training of staff in "Team Teach", however this is not a legal prerequisite to the use of force and in extreme cases a duty of care to prevent harm may override the need of Team Teach training.

Reasonable force will only be used when the risks involved in doing so are outweighed by the risks involved in not using force.

### **The Legal Implications Duty of Care**

All staff working within the school have a 'Duty of Care' to the children and young people and as such, may face a situation where physical intervention is the only option left available to them, in order to ensure safety. This means that all staff working within our settings may be required to physically intervene with students at some point during their employment.

Staff who have a Duty of Care have lawful justification for taking reasonable physical steps to prevent injury to any person, or damage to property.

Taking no action which results in a person being injured, could leave a member of staff open to an allegation that they were in neglect of their Duty of Care.

### **The Children's Act**

Staff will always follow the principles enshrined in the above act whereby the safety and wellbeing of the children is paramount. Staff will act in accordance with the 'best interests principle', acting honestly and in good faith to protect what they perceive to be the best interests of the child/children.

### **Section 93**

Section 93 of the Education and Inspections Act 2006 'The Power of Members of Staff to Use Force' states:

"A member of the staff of a school may use such force as is reasonable in the circumstances to prevent a pupil from doing, or continuing to do any of the following;

- committing an offence
- injuring themselves or others, or causing damage to property compromising the good order or discipline of the school"

This policy allows for the physical restraint of pupils in disciplinary or dangerous situations. This must not include any form of corporal punishment and should be limited to the minimum force absolutely necessary for the minimum amount of time.

Examples of situations where the guidance could apply:

- when a pupil attacks a member of staff;
- when a pupil attacks another pupil;
- when a pupil is engaged in, or is on the verge of committing, deliberate damage or vandalism;
- when a pupil is causing, or at risk of causing, injury or damage by accident, by rough play, or by misuse of dangerous materials or objects (for example, in a technology room or on the sports field)
- when a pupil at risk absconds from class or tries to leave the school;
- when a pupil persistently refuses to obey an instruction to leave a classroom;
- when a pupil is seriously disrupting learning.

It is the policy of the school that only in exceptional circumstances may physical restraint be used by an adult working within the school, and that our policy in this regard be made known to staff, governors, parents and pupils and that clear contingencies are known to all.

### **The Application of Force**

The application of any form of physical control inevitably carries an attached risk of unintended harm and this places staff and the school at risk of potential litigation. It can only be justified according to the circumstances described in this policy. Staff, therefore, have a responsibility to follow this policy and to seek alternative strategies wherever possible in order to prevent the need for physical intervention. Staff need to be aware that they are responsible for:

- assessing risks (dynamic risk assessment) related to individual circumstances which may arise in the course of their day-to-day duties and
- making judgments about when the use of force is necessary and the degree of force which may be regarded as necessary to manage a situation.

Staff need to be aware that they are required to justify their decisions in writing through the recording and reporting procedures outlined later in this document.

When circumstances justify, staff AS A LAST RESORT, may:

- physically interpose between pupils
- block a pupil's path
- hold a pupil in a controlled manner
- use escorting techniques in a controlled manner
- in extreme circumstances, use techniques designed to restrict a pupil's movement using more restrictive holds.

Staff's response to an incident should seek to employ a gradually increasing or decreasing level of force in response to the child/young person's behaviour as set out in the child's BP.

If possible, the use of restraint needs a second adult present to assist with and/or witness the incident. Staff must be aware of DFE recommendations as set out in the guidance document, and not hold pupils in such a way that they may be injured or prevented from breathing.

During any incident involving the use of force, staff are expected to continue to use all available verbal and non-verbal support and de-escalation strategies to defuse difficult situations.

### **Reasonable Force**

There is no legal definition of 'reasonable force'. It will always depend upon the circumstances of each individual case.

**THE USE OF ANY DEGREE OF FORCE IS UNLAWFUL IF THE PARTICULAR CIRCUMSTANCES DO NOT WARRANT THE USE OF PHYSICAL FORCE.**

The degree of force employed must be in proportion to the circumstances of the incident and must be the minimum needed to achieve the desired result.

Whether the degree of force used is reasonable will also be determined by the child's age; gender; stature; medical history; level of physical, emotional and intellectual development; special needs; and social context. Also the environment and situation may influence the type of technique used.

### **Definitions of Positive Handling**

Positive Handling describes a broad spectrum of risk reduction strategies. Positive handling is a holistic approach involving policy, guidance, management of the environment, and deployment of staff. It also involves personal behaviour, diversion, diffusion, and de-escalation. Behaviour Plans (BPs) are a plan for the positive management of pupils' challenging behaviour. They are based on an Individual Pupil Risk Assessment (IPRA) and identify positive prevention strategies and how a pupil may need to be supported in a crisis.

Physical intervention - the use of any physical handling technique that has the child or young person's compliance. (e.g. prompting, shepherding)

Restrictive physical intervention (RPI), Restraint - the positive application of force in order to overcome rigorous resistance, completely directing and controlling a person's free movement. (i.e. the child or young person is no longer compliant)

### **Planned interventions**

These are described/outlined in the pupil's BP. This should cover most interventions, as possible scenarios will be identified and planned for when the BP is drawn up. These interventions may include the use of Team -Teach physical intervention techniques.

*"Team-Teach techniques seek to avoid injury to the service user, 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 service user remains safe".*

(George Matthews – Founder and Chairman Emeritus Team Teach)

### **Emergency physical interventions**

These may be necessary if a situation arises that was not foreseen or is uncharacteristic of the pupil. Members of staff retain their Duty of Care to pupils and any response, even in an emergency, must be proportionate to the circumstances. Staff should use the minimum force necessary to prevent injury and maintain safety, consistent with the training that they have received. Following any such incident, a PBP will be devised (or the existing plan updated) to support effective responses to any such situations which may arise in the future.

### **Personal Safety**

There may be times when a member of staff may need to defend themselves from a physical assault or 'break away' from a child who has taken hold of them. It is acknowledged that with some disengagement techniques pupils may encounter some minimal discomfort when appropriate release techniques are used. However, this is very brief, transient and poses less of a risk than the behaviour they are employed in response to, e.g. biting.

All staff will be given input on key skills and principles regarding personal safety and self-defence, as part of their ongoing Team Teach training.

### **Seclusion, time out and withdrawal**

**Seclusion:** This where an adult or child is forced to spend time alone against their will in a locked room or room which they cannot leave. This strategy will only ever be used in exceptional circumstances where the risks involved with its use are outweighed by the risks that are presented.

Any child placed into the De-escalation Room must be continually monitored by a member of staff. It is a risk assessed, personalised and structured (reported, recorded and reviewed) strategy, an action documented as in the child's best interests, with the aim of preventing the risk of harm. This would include the risk of physical or psychological harm and the risk of harm to a safe environment. Any and all use of **seclusion**

must be recorded on Serious Incident Report (SIR) forms and be followed up as per any other form of RPI.

### **Further guidance on seclusion and use of de-escalation rooms can be found in the Springwell Harrogate Behaviour and Relationships Policy.**

**Time out:** This involves restricting a child's access to positive reinforcements as part of the BP, in a room or area which they may freely leave. It is a specific behaviour management technique and does not necessarily literally mean time spent out of the class/group, but rather refers to a withdrawal of attention and/or things they find rewarding (it could be as simple as turning away from a child who is attention seeking, or positioning a child away from the class/group). This withdrawal of attention could also be achieved by sending a pupil to another class/group or a quiet area.

**Withdrawal:** which involves removing the child from a situation which causes anxiety or distress to a location where they can be continuously observed and supported until they are ready to resume their usual activities. This can mean removing a child from the class/group to allow them time to calm down or to prevent a situation from escalating. They may need time away from staff and pupils (either on their own or in another class/group) in order to break the cycle/pattern of their behaviour or to reduce their level of anxiety/distress. This "quiet time" could be time in the playground, a quiet room, or sitting in an office supervised by a member of the leadership team.

In some cases students may be allowed to withdraw themselves to a pre agreed area to calm down. This can be an appropriate strategy in supporting a student to manage their own behaviour. In these cases, this strategy should be included in the students PBP which should also identify how students will be supervised in these situations.

### **Restrictive Physical Interventions and Risk Assessment**

Both challenging behaviour and RPIs will involve a risk – to both staff and pupils. A risk assessment aims to balance these risks. The aim of the individual pupil's BP and of this policy is to reduce the risks associated with pupils' challenging behaviour as far as is reasonably practicable – the risks that are associated with the behaviour itself and the risk of managing that behaviour. The risks of employing an intervention should be lower than the risks of not doing so. The risks posed to other students needs to be taken into account when making these decisions.

All pupils will have a plan drawn up, which will identify specific risks and measures that can mitigate those risks. These will be shared with all staff and stored where all staff can access them.

All staff authorised to use physical intervention with pupils receive training in Team-Teach techniques and receive information about the risk to pupils of positional asphyxia. There are very clear protocols delivered during training to minimise the possibility of this and to ensure that appropriate safeguards are implemented.

### **Responsibility of Staff**

The 2006 Education Act authorises all staff at the school to use reasonable force to control or restrain pupils. The Executive Principal will ensure that all staff are aware of, and understand, what the authorisation entails.

Where a pupil is recognised as likely to behave in ways which may require physical control, staff should initiate the production of an Individual Pupil Risk Assessment . Within this a plan will be drawn up in conjunction with Senior Leaders and shared with all pertinent staff at the school. The plan will also be made

available and discussed with the child (where appropriate), their parent(s), carer(s), families and other relevant stakeholders at an appropriate time such as parent consultation meetings or annual reviews.

Pupils' PBPs are Safe Systems of Work under Health and Safety Regulations. As such it is imperative that these plans are followed and implemented by all members of staff.

Any force used must be appropriate in the sense that a "reasonable adult" should think it suitably addresses the needs of the student displaying the challenging behaviour. It should always be the last resort and in no circumstances be used in anger and/or to inflict pain.

Adults must avoid putting themselves into physical danger. If self-defence is necessary, then the minimum force must be used.

Under the Health and Safety at Work Act, employees have a responsibility to report any circumstances which give rise to an increased risk to their Health and Safety. Staff who have, or acquire, permanently or temporarily, any medical condition that may impact on their ability to carry out pupils' PBPs have a duty to report these to the Principal immediately, as there may be an impact on their own safety and that of colleagues and/or pupils.

## **Training Issues**

Training on managing behaviour at some level will be available for **all** staff at Springwell Harrogate. For most staff this is enhanced by Team-Teach training in the use of positive handling and it is the responsibility of the Principal to ensure this training is kept up to date. No member of staff will be expected to use Team Teach techniques without appropriate training. Arrangements for training will be made clear as part of the induction of staff and training will be provided as part of on-going staff development.

Springwell Harrogate is committed to using Team-Teach. Team-Teach Ltd is a training provider that is accredited through the The Institute For Conflict Management and adheres to their Code of Practice on physical intervention.

## **Action and support after an incident Debrief (Learning from an incident)**

It is essential to 'debrief' as soon as possible after the incident (child/young person and staff member(s) involved), however all persons involved will require a short period of time to allow heightened emotions to dissipate before engaging in this process.

Training has been given to all staff on debrief procedures and systems. At Springwell Harrogate, we will endeavour to follow this procedure:

- ISOLATE – we will ensure the person is somewhere quiet and calm;
- EXPLORE – we will allow the person to tell us what has happened first;
- SHARE – we will then give our (or other's) perspective of a situation;
- CONNECT – through careful questioning, we will connect the behaviour to the drivers, ie, we will seek to discover not just *what* happened, but *why* it happened;
- ALTERNATIVES – we will explore alternative ways that a situation could have been dealt with; ● PLAN – we will ensure that plans are put in place (or reviewed if a PBP already exists) to help us deal with any future incidents;
- ENTER (RE) – we will consider the emotional wellbeing of the person and how best to re-engage them back to their normal working environment.

It is essential that when RPI has been used that restorative practice is used to address the incident. This approach should focus upon:

- What happened?
- Who has been harmed? How?
- What needs to be done to repair the harm?

This approach puts the pupil at the heart of the conversation and addresses their needs; it ensures that relationships between staff and pupils are maintained; it means that every incident provides an opportunity to learn and improve behaviour and is more likely to prevent incidents from happening again.

The Head Teacher will ensure that each incident is reviewed and investigated further as required. If further action is required in relation to a member of staff or a pupil, this will be pursued through the appropriate procedure:

- Review of Individual Pupil Risk Assessment
- Review of individual Behaviour Plan (BP)



- Child Protection Procedure (this may involve investigations by Police and/or Social Services) in line with North Yorkshire guidelines
- Staff or Pupil Disciplinary Procedure School Behaviour Policy
- Exclusions Procedure in the case of violence or assault against a member of staff

The member of staff will be kept informed of any action taken.

In the case of any action concerning a member of staff, he/she will be advised to seek advice from his/her professional association/union.

### **Recording and Reporting of Incidents**

If a restrictive physical intervention is used on a pupil the Principal must be notified as soon as possible, but within 24hrs. The name of the pupil will then be recorded on the appropriate school system, along with the time, circumstances, witnesses, details of any injury sustained and the pupil's responses. The parent(s)/carer(s) of the child will be notified as soon as possible (where possible via a telephone call or face to face) offering the opportunity to discuss the incident.

Appropriate documentation will be completed as soon as possible after the incident (within 24 hours), normally prior to staff going off duty and be available to access by all staff involved and the Principal.

All incidents involving a pupil being taken to the ground and held in Team Teach (TT) Front Ground Recovery, TT Back Ground Recovery or TT Shield Ground Recovery, involving a pupil being held prone or supine on the ground must be reported to the Principal immediately and report submitted to Team Teach. In these instances a Serious Incident Report (SIR) will be completed.

### **Monitoring incidents**

Whenever a member of staff has occasion to use reasonable force, this will always be recorded and documented following agreed procedures. Monitoring of incidents will help to ensure that staff are following the correct procedures and will alert the Principal to the needs of any pupil(s) whose behaviour may require the use of reasonable force. Monitoring of incidents will take place on a regular basis and the results used to inform planning to meet individual pupil and school needs.

### **Staff from the Local Authority and other agencies working within the school**

Support Services will have their own policies for care and control of pupils. When working within school it is the Principal's responsibility to ensure that colleagues from any support service are aware of school policy and practice.

### **Involvement of children, parent(s)/carer(s), families and other relevant stakeholders**

As stated throughout this policy, children, their parent(s)/carer(s), families and other relevant stakeholders will be involved at every stage when planning and implementing care and control protocols at Springwell Harrogate.

They will be invited to take part in;

- the BP processes
- reviewing progress and the effectiveness of any plans put in place any reviews or changes that need to be made to BPs

Parent(s)/carer(s), families and other relevant stakeholders will be notified as soon as possible, where there has been need to use an RPI or seclusion.

## **Complaints**

In the event of a complaint, the normal procedures of the school will be used and these will be made clear to all parent(s)/carer(s). The Academy's complaints policy and procedure is available on the school website.

It is possible that a dispute over the use of force by a member of staff could lead to an investigation, either under disciplinary procedures or by the Police and Social Services. DFEE Circular 10/95: Protecting Children From Abuse gives specific guidelines about this and about procedures for dealing with allegations against teachers.

***Whenever there is a complaint or allegation about a member of staff that relates to a child, the person responsible for investigation should in all circumstances undertake a consultation with the Local Authority Designated Officer (LADO) as a minimum contact.***

## **Whistle Blowing**

Whilst the training in Team-Teach provided to all staff, encourages the use of help protocols and reflective practice, it is acknowledged that under some circumstances, physical intervention can be misapplied. Staff are reminded that part of their Duty of Care to pupils includes the requirement to report any such matters which cause them concern in relation to pupil management and welfare. Any such concerns should be raised with the Principal or another Senior Manager or with the Chair of Governors in line with the school Whistleblowing Policy which is available on the school website.

## **Review of this Policy**

This policy will be reviewed annually – next review September 2024.

If National or Local Authority Guidance changes in the interim, the policy will be adjusted as required.