



*Darul Madinah will nurture our learners into model citizens that exemplify the
Inherent values of Islam make a positive contribution to the community and
are champions of their faith.*

Physical Intervention and Restraint Policy

This policy is in line with the Mission Statement of the School

Document Control

- **Policy Status:** Statutory
- **Owner:** Directors
- **Date of Last Review:** September 2026
- **Date of Next Review:** September 2027
- **Review Period:** Annually

Darul Madinah

Mission Statement

Darul Madinah will nurture our learners into model citizens that exemplify the inherent values of Islam, make a positive contribution to the community and are champions of their faith.

1. Introduction

Darul Madinah School is committed to providing a safe, caring, inclusive and respectful learning environment in which all pupils can learn and develop.

The school promotes positive behaviour through encouragement, mutual respect, clear expectations and the development of self-discipline.

We recognise that there may be exceptional circumstances in which physical intervention is necessary to protect pupils, staff or others from harm.

Any physical intervention must be lawful, necessary, reasonable, proportionate and used for the shortest possible time.

2. Purpose of the Policy

The purpose of this policy is to:

- Safeguard the wellbeing and dignity of all pupils.
- Minimise the need for physical intervention.
- Provide clear guidance to staff on the lawful use of reasonable force.
- Promote positive behaviour and de-escalation.
- Ensure incidents are recorded, reported and reviewed appropriately.
- Maintain effective communication with parents and guardians.

3. Legal Framework

This policy has been developed with reference to the following legislation and guidance applicable in England:

- Education and Inspections Act 2006, including sections 93 and 93A.
- Education (Independent School Standards) Regulations 2014, as amended.
- The Schools (Recording and Reporting of Seclusion and Restraint) (No. 2) (England) Regulations 2025.
- Department for Education guidance, Restrictive interventions, including use of reasonable force, in schools, effective April 2026.
- Equality Act 2010.
- Children Act 1989 and Children Act 2004.

- Applicable Keeping Children Safe in Education statutory guidance.

4. Definition of Physical Intervention

Physical intervention involves physical contact intended to control or restrict a pupil's movement or behaviour.

Physical restraint is a restrictive intervention that limits a pupil's freedom of movement.

Staff must distinguish between appropriate everyday physical contact, such as comforting a distressed child, and restrictive physical interventions.

Physical intervention must never be used as a punishment or to humiliate a pupil.

5. When Reasonable Force May Be Used

Under the relevant legal framework, authorised school staff may use reasonable force where necessary to prevent a pupil from:

- Causing injury to themselves or another person.
- Committing an offence.
- Causing damage to property.
- Prejudicing the maintenance of good order and discipline, where the use of force is lawful, necessary and proportionate.
- At Darul Madinah School, staff are expected to prioritise de-escalation and avoid physical intervention wherever possible.
- Physical restraint must not be used merely because a pupil refuses to follow instructions.

6. De-escalation and Prevention

Staff should use positive behaviour management strategies before considering physical intervention, wherever it is safe to do so.

These include:

- Speaking calmly and respectfully.
- Offering reassurance and clear instructions.
- Allowing pupils time and space to regulate their emotions.
- Offering appropriate choices.
- Removing potential triggers.
- Seeking assistance from colleagues.
- Following individual pupil support plans.

7. Safe Use of Physical Intervention

Where intervention is necessary, staff must:

- Assess the immediate risks.
- Use the least restrictive effective response.
- Use no more force than is reasonable in the circumstances.
- Avoid actions that compromise breathing or cause unnecessary pain.
- Continuously monitor the pupil's safety and wellbeing.
- End the intervention as soon as it is safe.
- Seek medical assistance if necessary.
- Staff must not use physical intervention as retaliation, punishment, intimidation or humiliation.

8. Seclusion and Restrictive Practices

Darul Madinah School does not use seclusion as a disciplinary punishment.

Any restrictive intervention, including seclusion, must be subject to legal safeguards, appropriate risk assessment, safeguarding oversight and recording and reporting requirements.

Pupils must never be locked in rooms or isolated in unsafe circumstances.

9. Recording and Reporting

The school will maintain written procedures for recording and reporting significant incidents involving the use of force and incidents of restraint or seclusion.

A written incident record must be completed as soon as practicable and include:

- The pupil's name.
- Date, time, location and duration.
- Circumstances leading to the intervention.
- Preventative or de-escalation measures attempted.
- Description of the intervention and the force used.
- Names of staff and witnesses.
- Any injuries or medical assistance.
- Follow-up actions and safeguarding considerations.
- The Headteacher, Sofia Nasir, and the Designated Safeguarding Lead must be informed promptly.

10. Informing Parents and Guardians

Parents or guardians must be informed of reportable incidents as soon as practicable, ideally on the same day, in accordance with statutory requirements.

The information provided will include the circumstances, nature and duration of the intervention and any injuries sustained.

Where notifying a parent would be likely to cause significant harm to a pupil, the school will follow the statutory safeguarding exception and relevant local authority reporting requirements.

11. Safeguarding and Child Protection

The safety and welfare of children are central to all decisions about physical intervention.

Any concern regarding inappropriate or excessive physical intervention must be reported immediately to the Designated Safeguarding Lead or through the appropriate allegations procedure.

The school will refer safeguarding concerns to external agencies where required.

12. Pupils with Special Educational Needs and Disabilities

Darul Madinah School recognises the individual needs of pupils with special educational needs and disabilities (SEND).

Staff will consider:

- Individual communication needs.
- Sensory sensitivities.
- Medical conditions and disabilities.
- Relevant behaviour and risk assessments.
- Reasonable adjustments and individual support plans.
- Restrictive interventions must not be used in a discriminatory manner.

13. Staff Responsibilities and Training

The Headteacher is responsible for overseeing the implementation of this policy.

Staff will receive appropriate information and training on:

- Positive behaviour management.
- De-escalation.
- Safeguarding.
- Lawful and safe physical intervention.

- Incident reporting and recording.
- Specialist training will be provided where staff roles or identified pupil needs require it.

14. Post-Incident Support and Review

Following any significant incident, the school will:

- Check the physical and emotional wellbeing of everyone involved.
- Provide appropriate first aid or medical attention.
- Offer support to the pupil and staff.
- Review the causes of the incident.
- Consider changes to risk assessments and behaviour support plans.
- Identify opportunities to prevent recurrence.

15. Monitoring and Evaluation

The Headteacher will oversee the monitoring of physical intervention incidents.

Incident records will be reviewed to identify patterns, safeguarding concerns, training needs and opportunities to improve practice.

The Director will maintain oversight of the school's responsibilities as proprietor, where applicable.

16. Related Policies

This policy should be read alongside the school's:

- Safeguarding and Child Protection Policy.
- Behaviour Policy.
- Anti-Bullying Policy.
- SEND Policy.
- Health and Safety Policy.
- Risk Assessment Policy.
- Complaints Procedure.

17. Policy Review and Approval

This policy is scheduled for annual review or earlier if changes in legislation, statutory guidance or school circumstances require it.