



Understanding restrictive interventions in our schools

Information for parents and carers

This information is being provided due to updated Government guidance to the document 'Restrictive interventions, including use of reasonable force, in schools', which is applicable from 1st April 2026

What is a restrictive intervention?

A restrictive intervention is any action that limits a pupil's movement. This may include:

- Holding a pupil to prevent harm
- Guiding a pupil away from danger
- Using seclusion (supervised isolation) to keep a pupil safe

Restrictive interventions are only used when absolutely necessary to keep pupils or staff safe.

When might staff use reasonable force?

Staff may use reasonable force to:

- Prevent a pupil from hurting themselves
- Prevent a pupil from hurting someone else
- Stop serious damage to property

Staff never use force as punishment.

What does the law say?

From April 2026, schools must:

- Record all significant incidents involving force
- Tell parents/carers within 24 hours
- Provide support to pupils afterwards
- Avoid any techniques that cause pain or restrict breathing

Our Trust fully complies with these legal duties.

How do we keep pupils safe?

We focus on:

- Positive relationships
- Early intervention
- De escalation
- Trauma informed practice
- Personalised support for pupils with SEND

Restrictive interventions are always a last resort.

What happens after an incident?

We will:

- Check the pupil is safe and well
- Talk with them about what happened
- Listen to their views
- Review their support plan
- Contact you to explain the incident

We want to work with you to help your child feel safe and supported.

Who can I talk to?

If you have questions or concerns, please contact:

- The Inclusion Team via the Sandfield School Office