



CHURCHILL  
SCHOOL

## **Calming Room Policy**

Our calming rooms are rooms that the students self-elect to remove themselves to although if staff can see that pupils would benefit from using the calming room they will be offered it as an option. The main purpose of the rooms is to teach de-escalation strategies, resulting in the reduction of challenging behaviours.

The use of a calming room must be supervised by an adult at all times and at Churchill is governed by the following points.

- Strategies that assist the student to remain in the classroom should be trialled first.
- The calming room should be used only for the minimum period of time necessary for the student to regain enough composure to be able to return safely to class. Staff will use timers to help manage the amount of time students spend in the calming room.
- Students will access our calming rooms voluntarily although they may be directed towards them.
- The occupied/unoccupied signs should be used to signify if the calming room is in use.
- Pupils must see the calming room as their space to calm down and must be praised when making a good choice and using the room for its designated purpose
- Adults must not enter the room unless they need to for the safety of pupils. Pupils can be spoken to from the doorway. Adults should knock before opening the calming room door.
- The adult monitoring the child in the calming room should be the primary adult dealing with the pupil. Supervising adults can swap at any time with other members of staff and there are occasions when it is beneficial to do so.
- Any discussions regarding the pupil in the calming room must take place in an appropriate location and at an appropriate time.
- The light switch can be used as a distraction from inappropriate behaviours
- Staff should ensure that nothing is taken into the calming room by the pupils using them.
- Calming rooms will never be used as a disciplinary measure or as punishment for inappropriate behaviour.
- Students will not be restricted in their ability to leave calming rooms through the use of locks on the door or adults restricting the student's exit e.g. holding the door.
- Procedures for the use of the calming room for some pupils will include clearly articulated steps to be followed if a student does not comply with the time-out strategy, or if the use of the time-out strategy has not been successful in managing the behaviour of the student.

## Review

This policy will be reviewed in line with the school's policy review programme.

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<b>Adopted by the Governing Body</b> Date: Autumn 2017 Signed	<b>Reviewed</b> Date: Autumn 2020 Signed	<b>Reviewed</b> Date: Signed