

MSAD 13 / RSU 83 – Annual Parent Notification

Re: Maine Chapter 33 – Rule Governing Physical Restraint and Seclusion

School Year: 2025–2026

Dear Parents and Guardians,

In accordance with **Maine Department of Education Rule Chapter 33**, Maine School Administrative District 13 (RSU 83) is required to annually inform parents and guardians of our policy regarding the use of **physical restraint and seclusion** in our schools.

What is Chapter 33?

Chapter 33 is a state rule that governs the use of physical restraint and seclusion in schools. The purpose of the rule is to ensure that all students are treated with dignity and respect and that any use of restraint or seclusion is done safely, rarely, and only when absolutely necessary to prevent injury or serious harm.

Key Points of Chapter 33 and District Policy:

- Physical restraint and seclusion are **not to be used as disciplinary measures**.
- These interventions may only be used in **emergency situations** when a student's behavior poses an imminent risk of serious physical injury to the student or others, and less intrusive interventions have failed or are deemed inappropriate.
- Any instance of physical restraint or seclusion must be:
 - **Documented** in writing;
 - **Reported** to the parent/guardian as soon as possible, and no later than the end of the school day;
 - **Reviewed** by staff to assess what led to the incident and how to avoid it in the future.

Parent Notification and Documentation:

If restraint or seclusion is used with your child, you will be notified verbally and in writing. A written incident report will be provided within a reasonable period, typically within two school days.

Access to the Policy:

MSAD 13's full local policy on Restraint and Seclusion, consistent with Chapter 33, is available for review on our district website at: <https://www.sad13.org>

Printed copies are also available upon request at your child's school or the Superintendent's Office.

We are committed to providing a safe and supportive learning environment for all students. If you have any questions about this notification or our policies, please feel free to contact your child's school principal or the Superintendent's Office at **207-672-5502**

Sincerely,

A handwritten signature in cursive script, reading "Sandra J. MacArthur".

Sandra J MacArthur

Superintendent MSAD 13