

**Students - Welfare**

**Physical Activity and Student Discipline**

It is the policy of the Board to promote the health and well-being of district students by encouraging healthy lifestyles including promoting physical exercise and activity as part of the school day.

For elementary school students, the Board includes a time of not less than twenty (20) minutes in total for recess during the regular school day to be devoted to physical exercise, except that a planning and placement team (“PPT”) may develop a different schedule for students requiring special education and related services.

In an effort to promote physical exercise, the Board prohibits school employees from disciplining elementary school students by preventing them from participating in the recess time devoted to physical exercise during the regular school day, except in instances where the student’s behavior poses a health and/or safety concern.

For all students, the Board prohibits school employees from disciplining students by requiring students to engage in physical activity as a form of discipline during the regular school day.

Legal Reference: Connecticut General Statutes:  
10-221o Lunch periods. Recess. Boards to adopt policies addressing the limitations of physical exercise  
10-221u Board to adopt policies addressing the use of physical activity as discipline.

Adopted: January 17, 2017