

Students

Discipline

PHYSICAL EXERCISE AND DISCIPLINE OF STUDENTS

5144.4(a)

The Board of Education recognizes that a positive approach toward exercise and physical activity is important to the health and well-being of students. The Board requires that each student in elementary school shall have not less than twenty minutes daily in total devoted to physical exercise, except that a Planning and Placement Team may alter such schedule for a child requiring special education and related services. Further, the elementary schools will include an additional amount of time beyond the required twenty minutes for physical exercise devoted to undirected play, mindfulness activities, and/or physical movement during the regular school day, subject to the approval of building administration.

All aspects of the school experience should encourage students to have a healthy attitude toward exercise and promote the life-long enjoyment of physical activity. Therefore, when school employees impose disciplinary consequences for student misconduct during the regular day, the following restrictions shall apply:

1. Loss of Recess as Disciplinary Consequence

Except as provided below, school employees may not prevent a student in elementary school from participating in the entire time devoted to physical exercise or undirected play, mindfulness activities, and/or physical movement in the regular school day as a form of discipline. Recess and other physically active learning opportunities may include movement-oriented learning activities in the academic environment, physical activity breaks, and regularly scheduled school wide routines and events that engage students in physical activity that is the time devoted each day (at least 20 minutes) to physical exercise in the District's elementary schools.

This restriction shall not apply to students who are receiving in-school suspension.

2. Physical Activity as Punishment

School employees may not require students enrolled in grades PK-12, inclusive, to engage in physical activity as a form of discipline during the school day.

3. Physical Education and Health Education

School employees shall not prevent students from participating in physical exercise or undirected play, mindfulness activities, and/or physical movement during physical education and health education as a form of discipline.

This restriction does not apply to brief periods of respite/time-outs, referrals to the building administrator, or for safety reasons.

PHYSICAL EXERCISE AND DISCIPLINE OF STUDENTS
(continued)

5144.4(b)

At no time shall an entire class be prevented from participating in physical education and health education or physical exercise activity as a disciplinary consequence.

The Superintendent of Schools is authorized to develop guidelines to implement this policy.

Nothing in this policy shall prevent a school employee from acting in accordance with an Individualized Education Plan (IEP) developed by the student's Planning and Placement Team (PPT).

For the purpose of this policy, "school employee" means a teacher, substitute teacher, school administrator, school superintendent, guidance counselor, psychologist, social worker, nurse, physician, school paraprofessional or coach employed by the Board or working in a public elementary, middle or high school; or any other individual who, in the performance of his or her duties, has regular contact with students and who provides services to, or on behalf of students enrolled in a public elementary, middle or high school, pursuant to a contract with the Board.

(cf. 6142.10 – Health Education Program)

(cf. 6142.101 – Wellness)

(cf. 6142.61 – Physical Activity)

(cf. 6142.6 – Physical Education)

Legal Reference: Connecticut General Statutes
10-221o Lunch periods. Recess (as amended by P.A. 12-116, An Act Concerning Educational Reform, and P.A. 13-173, An Act Concerning Childhood Obesity and Physical Exercise in Schools)

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