

**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.

**Prohibition on Deprivation of Physical Exercise Period as a Form of Discipline**

For elementary school students, the Board includes a time of not less than twenty (20) minutes in total, 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 District employees from disciplining elementary school students by preventing them from participating in the full twenty (20) minutes of 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.

**Prohibition on Compulsion of Physical Activity as a Form of Discipline**

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.

**Definition**

For the purposes of this policy, a "school employee" is defined as 1) 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 the school, or 2) 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 the District pursuant to a contract with the Board.

**Disciplinary Action for Failure to Follow Policy**

Any employee who fails to comply with the requirements of this Administrative Regulation may be subject to discipline, up to and including termination of employment. Any contracted individual who provides services to or on behalf of students enrolled in the District and who fails to comply with the requirements of this policy may be subject to having his/her contract for services suspended by the district.

Legal Reference:       Connecticut General Statutes § 10-221o  
                                  Connecticut General Statutes § 10-221u

Regulation approved: May 13, 2015  
Regulation revised:   April 5, 2016  
Regulation revised:   October 6, 2016