

Physical Activity, Undirected Play, and Student Discipline

It is the policy of the Bethany Board of Education (Board) to promote the health and well-being of Bethany Public School District (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 or Undirected Play Period as a Form of Discipline

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.

The Superintendent may include additional time, beyond the twenty (20) minutes required for physical exercise, devoted to undirected play during the regular school day.

In an effort to promote physical exercise and undirected play, 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 or additional time devoted to undirected play during the regular school day, except in instances where the student's behavior poses a health and/or safety concern or as directed by a student's Section 504 or Planning and Placement Team.

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, superintendent, guidance counselor, psychologist, social worker, nurse, physician, 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.

STUDENTS

Regulation 5144.4(b)

Legal Reference: Connecticut General Statutes § 10-221o
Connecticut General Statutes § 10-221u
Public Act 19-173

Regulation approved: May 13, 2015
Regulation revised: April 5, 2016
Regulation revised: October 6, 2016
Regulation revised: November 15, 2019