

**Physical Activity and Student Discipline**

It is the policy of the Board to promote the health and well-being of North Canaan Elementary School 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 in grades K-6, 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. The Board prohibits school employees from disciplining elementary school students by preventing them from participating in the entire time devoted to physical exercise during the regular school day.

**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 North Canaan Elementary 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 schools pursuant to a contact with the Board.

**Disciplinary Action for Failure to Follow Policy:**

Any employee who fails to comply with the requirements of this policy 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 North Canaan Elementary School 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.

(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, P.A. 13-173, An Act Concerning Childhood

Obesity and Physical Exercise in Schools and P.A. 19-173 An Act Concerning  
the Improvement of Child Development Through Play)

10-221u Boards to adopt policies addressing the use of physical activity as  
discipline. (as amended by PA 18-15)

Approved: December 12, 2013

Revised: January 12, 2021

NORTH CANAAN BOARD OF EDUCATION

North Canaan, Connecticut