

Health Education Program

The Board recognizes that health and student success in school are interrelated. Schools cannot achieve their primary mission of education if students and staff are not healthy and fit physically, mentally and socially. Consequently, the District shall develop, adopt and implement a coordinated, comprehensive school health program.

It is the intent of the Board that the District's program be designed in response to demonstrated community needs; be based on models that demonstrate evidence of effectiveness; emphasize a positive youth development approach; and respond to District families' needs and preferences.

The school health program shall be designed to incorporate the following:

1. A school environment that is safe; that is physically, socially and psychologically healthful; and that promotes health-enhancing behaviors;
2. School health services activities that are designed to ensure access and/or referral to primary healthcare services, foster appropriate use of healthcare services, prevent other health problems, and provide emergency care for illness or injury;
3. Counseling, psychological and social services activities that are designed to ensure access and/or referral to assessments, interventions and other services for students' mental, emotional and social health; and
4. Integrated family and community involvement activities that are designed to engage families as active participants in their student's education, that support the ability of families to support student's school achievement, and that encourage collaboration with community resources and services to respond more effectively to the health-related needs of students; and opportunities for school staff to improve their health status through activities such as health assessments, health education, health-related fitness and similar activities.

In conformity with state statute, the Board requires that in all District schools full-time students shall be provided a daily lunch program of not less than twenty (20) minutes.

School employees shall not deny a student's participation in the entire time devoted to physical exercise in the regular school day as a form of discipline or punishment, nor should they cancel it for instructional makeup time. Further, no student shall be required to engage in physical activity

as a form of discipline.

Legal References: Connecticut General Statutes

10-215 Lunches, breakfasts and the feeding programs for public school children and employees.

10-215a Non public school participation in feeding program

10-215b Duties of state board of education re feeding programs.

10-216 Payment of expenses

10-215b-1 State board of education regulation

10-221 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)

10-221p Boards to make available for purchase, low fat foods and drinks

Adopted: June 13, 1991

Revised: April 20, 2021

NORTH CANAAN BOARD OF EDUCATION

North Canaan, Connecticut