

BOARD OF EDUCATION
FAIRFIELD PUBLIC SCHOOLS
*501 Kings Highway East, Suite 210
Fairfield, CT*

Policy Committee Meeting

Monday, December 2, 2013
Superintendent's Conference Room
4:15 p.m.

Agenda

- I. Call to Order
- II. Approval of Minutes
- III. Policy
 - Fairfield Public Schools Mission and Goals – Continued Discussion
 - Policy #5519 Students - Wellness
- IV. Open Discussion/Public Comment
- V. Adjournment
- VI. Future Items:
 - Policy #5515 Students – Protocol for Emergency Medications, Epinephrine
 - Policy #4240 Personnel – Electronic Mail
 - Policy #3552 Business – Lending School Owned Equipment
 - Policy #5340 Students – Lost/Damaged Equipment
 - Policy #4110 Personnel – Recruitment and Selection
 - Policy #5542 Students – On Campus Recruitment
 - Policy #6511 Instruction – Special Education

Future Mtg. Dates and Times: **TBD**

All meetings will be held at 501 Kings Highway East, Superintendent's Conference Room unless otherwise noted.

BOARD OF EDUCATION
FAIRFIELD PUBLIC SCHOOLS
501 Kings Highway East, Suite 210, Fairfield, CT

Policy Committee Meeting

Monday, November 18, 2013
4:15 p.m.

Minutes

- I. The meeting was called to order at 4:25 p.m.
In attendance were committee members Jennifer Kennelly, Chairperson, Paul Fattibene, John Convertito (arrived at 4:40). Karen Parks was in attendance representing the administration. Also in attendance were Phillip Dwyer, BOE Chairman, Sue Brand, BOE member, Suzanne Miska, and Mark Patten.
- II. Approval of Minutes: 2:0:0
- III. Policy: Jennifer Kennelly suggested that the committee move to the BOE Mission and Goals for discussion since there were several members of the public in attendance who served on the committee. The members discussed the draft document titled “Draft Proposal, August 2013, and reviewed all of the past changes. The group was in agreement with the changes made on this proposal for the Mission and Long Term Goal. There was significant discussion on Goal One and the group was unable to agree on a general statement for the goal but felt strongly that the bullets needed to be divided into 2 sub-categories entitled “motivation to learn” and “global citizenship”. John Convertito suggested that the bullets listed under Goal One should be considered the educational goals for the district and that Goals Two and Three are really subsets under Goal One, consisting of the skills and knowledge related to acquiring the 7 bullets under Goal One. There was additional discussion on some of the wording of the bullets under Goal One as well as the wording in the bullets listed under Goal Two. John Convertito indicated that he would re-format the goals for the next meeting to share his thoughts with the group on how Goal One bulleted list should be the over-riding goals with the lists under Goals Two and Three as supporting those goals.
 - Policy #5519 Students - Wellness
 - BOE Mission and Goals – Continued discussion
- IV. Open Discussion/Public Comment
There were several comments related to the intent of the language in the goals from various members of the public who served on the Mission and Goals Committee, including Sue Brand, Suzanne Miska, and Mark Patten.
- V. Adjournment: The meeting was adjourned at 6:27 p.m.

MISSION STATEMENT

0100

The mission of the Fairfield Public Schools, in partnership with families and community, is to ensure that every student acquires the knowledge and skills needed to be a lifelong learner, responsible citizen and **successful participant in an ever-changing global society** through a comprehensive and rigorous educational program.

LONG-TERM GOAL

0110

Fairfield Public Schools will ensure that every student is engaged in a rigorous learning experience that recognizes **and appreciates/celebrates qualities of the individual** and challenges **each** student to ~~balance~~ **achieve** academic progress ~~with~~ **including** expressive, personal, physical, civic and social development. The students will be respectful, ethical and **responsible global citizens with an appreciation and understanding of global issues**. ~~In measuring progress toward these goals the district shall see continuous advancement and achievement of corresponding local objectives as defined by the Board of Education, in order to rank among the best in the state and the nation.~~ **Students' achievement and performance shall rank among the best in the state and the nation.**

EDUCATIONAL GOALS

0200

Goal One:

Global Citizenship

Fairfield Public School Students will:

- develop into responsible citizens who demonstrate ethical behavior;
- acknowledge, explore and celebrate/appreciate all types of diversity;
- develop a healthy personal identity and self-reliance;
- demonstrate strong motivational persistence to learn, ~~in order to achieve personal aspirations;~~
- exhibit an inquisitive attitude, open-mindedness, and curiosity;
- acquire an understanding and appreciation of all ~~the values and the intellectual achievement of~~ ~~their culture~~ other cultures; and
- understand international issues and demonstrate the skills needed to participate in a global society.

Notes:

1. *Should this be the 7 overriding goals as Educational Goals, FPS will: (7 bullets)*
2. *To achieve goals listed above, FPS will master the following knowledge and skills: (List all other bullets)*

Goal Two:

Mastery of Skills

Fairfield Public School Students will:

- engage in critical thinking through
 - ❖ collaboration
 - ❖ problem solving
 - ❖ analyzing data and complex systems
 - ❖ constructing their own ~~knowledge~~ understanding by evaluating and applying information
 - ❖ transforming existing ideas, knowledge, and solutions into new ideas, products, and processes
 - ❖ innovative, creative and artistic expression
- communicate effectively by
 - ❖ asking questions, listening, and thinking flexibly while making connections and creating innovative solutions
 - ❖ conducting research and demonstrating skills necessary to locate and use information effectively
 - ❖ expressing ideas clearly using multiple formats, including speech and writing
 - ❖ appropriately and effectively using technology tools to express ideas
- understand themselves and others by
 - ❖ utilizing ~~demonstrating~~ ~~appropriate effective~~ study skills and ~~understanding~~ and articulating their own learning style
 - ❖ demonstrating self-advocacy
 - ❖ taking full advantage of opportunities to explore, develop and express their own uniqueness and creativity
 - ❖ recognizing the importance of healthy social, emotional, physical growth
 - ❖ respecting humanity and ~~demonstrating ethical conduct~~ conducting themselves in an ethical manner
 - ❖ demonstrating empathy for others

Goal Three:

Knowledge

Fairfield Public School Students will:

- master literacy and numeracy;
- acquire the knowledge of science, technology, mathematics, language arts, social studies/~~civics~~, visual and performing arts, world language, unified arts and health and understand connections among these disciplines;
- acquire the knowledge necessary to use all technology for learning, problem solving and communicating;
- demonstrate an understanding of local, state, national **and international** governments, responsible citizenship; and
- demonstrate civic-mindedness and understand what it means to be an active member of their local, state, national, and global communities.

Students

WELLNESS

5519

PHILOSOPHY

The Fairfield Board of Education believes that all students who begin each day as healthy individuals have the potential to become better learners. The Board also believes that staff should model appropriate wellness behaviors for students. This policy encourages a comprehensive approach to staff and student wellness that is sensitive to individual and community needs.

NUTRITION EDUCATION

Nutrition education shall be offered as part of a planned, ongoing, systematic, sequential, standards-based, comprehensive school health education program designed to provide students with the knowledge and skills necessary to promote and protect their health. Nutrition education shall use national or state-developed standards, such as the Connecticut State Department of Education's Healthy and Balanced Living Curriculum Framework. The District shall develop and implement a comprehensive, developmentally appropriate, curriculum approach to nutrition in all grades. Students shall be able to demonstrate competency through application of knowledge, skill development and practice. Nutrition education will be taught as part of the Health Education Program and will include the following:

- pParticipation in the Health/Nutrition Education Program shall be required for all students in grades preK-5. The district will strive to meet the Connecticut State Department of Education recommendation that Pre-K thru grade 4 receive 50 hours a year of Comprehensive Health Education and grade 5 – 12 receives 80 hours;
- hHealth/Nutrition Education is required each year for all students in grades 6-8;
- hHigh school students shall be required to take and pass Health Education each year for a total of 5 marking periods for graduation;
- sSchool officials shall disseminate information to parents, students and staff members about community programs that offer nutrition assistance to families;
- sSchool instructional staff members are encouraged to collaborate with agencies and groups (such as: local businesses, libraries, local health departments, local colleges and their students and local health care providers) conducting nutrition education in the community to send consistent messages to students and their families;
- tThe District shall ~~include~~ require appropriate training for teachers and other staff members;
- instructional staff are encouraged to integrate nutritional themes into daily lessons when appropriate, to reinforce and support health messages. Nutrition education is encouraged to be included in other classroom content areas such as math, science, physical education, language arts, social sciences, family and consumer sciences and elective subjects;

Students

WELLNESS

5519

NUTRITION EDUCATION (continued)

- ~~h~~Healthy living skills is recommended to be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention~~;~~
- ~~t~~The ~~school~~-District shall assess nutrition education lessons and materials for accuracy, completeness, balance and consistency with the state's/district's educational goals and curriculum standards.

SCHOOL MEALS/OTHER SCHOOL FOOD AND BEVERAGES

The Board supports nutrition programs and nutrition education as an integral part of a high-quality education. (Policy #3712)

The Board shall operate and maintain a school ~~lunch-meal~~ program, which shall function in accordance with ~~S~~state and ~~F~~federal program requirements. The program, insofar as possible, shall be self-supporting. The Manager of Food and Nutrition Services shall be responsible for the immediate operation and supervision of the school ~~lunch-meal~~ program and shall report to the Director of Operations. (Policy #3710)

The Board of Education supports nutrition programs and nutrition education as an integral part of a high-quality education. The Board believes that all students who begin each day as healthy individuals have the potential to become better learners. To achieve this belief:

- ~~t~~The Board of Education will strive to establish a breakfast program at schools, as appropriate, and operate and maintain a school ~~lunch-meal~~ program which shall function in accordance with ~~S~~state and ~~F~~federal program requirements~~;~~
- ~~f~~Foods beyond the school meals (a la carte) that are offered for sale to students in the cafeteria shall comply with ~~F~~federal guidelines~~,~~ and ~~S~~state statutes~~,~~ and district policy~~;~~
- ~~It is recommended that~~ when possible~~,~~ foods offered for sale to students in the cafeteria are lower in fat, sugar, sodium, calories and trans fat free~~;~~
- ~~t~~The preferred methods for on-site food preparation are baked, boiled and steamed~~;~~ ~~Foods are~~ never fried~~;~~
- ~~e~~Efforts to increase participation in school meal programs may include the use of
 - ⊖ ~~-~~ the District website~~,~~
 - ⊖ ~~-~~ posting menus~~,~~
 - ⊖ ~~-~~ newsletters/flyers~~,~~
 - ⊖ ~~-~~ printed menus sent home~~,~~
 - ⊖ ~~-~~ language translations~~,~~
 - ⊖ ~~-~~ multiple meal selections~~,~~

Students

WELLNESS

5519

SCHOOL MEALS/OTHER SCHOOL FOOD AND BEVERAGES (continued)

- ⊖ ~~-~~ theme menus_;
- ⊖ ~~-~~ specialty food bars_;
- ⊖ ~~-~~ seasonal fresh fruits and vegetables_;
- ⊖ ~~-~~ increase use of more whole grain and low fat products_;
- ⊖ ~~-~~ vegetarian items_;

- ~~Students~~ ~~the~~ ~~District~~ shall ~~have~~ ~~offer~~ a minimum of a twenty minute lunch period scheduled between 10am and 2pm_;
- ~~It is recommended that~~ students should wash or sanitize their hands before snack, lunch and after using the restroom_;
- aAll staff and volunteers will not use food as a form of reward or punishment, except as part of a planned scientifically based intervention, e.g. ABA (Applied Behavioral Analysis) with administrative and parental approval_;
- ~~It is recommended that~~ the Manager of Food and Nutrition Services have a Bachelor Degree in Nutrition, Food Management, Institutional Food Service Administration_; and Professional certifications such as those from the American Dietetic Association and School Nutrition Association are recommended_;
- ~~It is required that~~ cafeteria managers or their designee hold certification in sanitation_;
- ~~t~~The District shall provide the opportunity for foodservice staff to engage in professional development_;
- ~~t~~The District shall provide a clean, pleasant meal environment to ensure an enjoyable dining experience_;
- ~~t~~The District shall provide access to detailed information regarding the nutritional information of school meals and a la carte food_;
- ~~t~~The District will ~~strive to~~ limit the use of questionable ingredients (e.g. trans fats_; and artificial sweeteners) based on scientific evidence_;
- nNon cafeteria/competitive foods and beverages accessible to students throughout the school day including school stores will be sold in compliance with Federal guidelines, State statutes and District policy_;
- ~~t~~The District will permit vending machines in the middle and high schools in accordance with Connecticut General Statutes_;

Students

WELLNESS

5519

SCHOOL MEALS/OTHER SCHOOL FOOD AND BEVERAGES (continued)

- ~~a~~All beverages offered for sale during the school day will comply with the nutrition and portion requirements as set forth in Connecticut General Statutes 10-221q; including portion sizes, sugar/calorie content, fat content, and caffeine content. ~~S~~oda and ~~s~~port drinks are not available for sale during the school day;:-
- ~~The Board of Education will allow the sale of beverages not listed in Section 10-221q and will meet the restrictions outlined.~~
- ~~Students are encouraged to access free drinking water provided from fountains located in all schools.~~
- ~~t~~The District will offer ~~½%, 1% and non fat~~ milk selections for sale in the cafeterias according to ~~S~~state and federal guidelines regulations;:-
- ~~t~~The District will ~~strive to~~ provide school groups with a list of suggestions for non-food fundraising and class parties, school celebrations and food from home for the whole class;:-
- ~~It is recommended that snack~~ foods available for purchase from the District before, during and after school shall follow but not be limited to the Connecticut Healthy Snack List ~~g~~Guidelines.

HEALTH EDUCATION AND LIFE SKILLS

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention. Participation in the Health Education Program shall be required for all students in grades PK-12 according to the curriculum as established by the Board of Education.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

A certified physical education specialist will teach physical education. Physical education shall be an essential element of each school's instructional program. The sequential program shall provide cognitive content and learning experiences in basic movement skills, physical fitness, games and sports skills. The physical education program shall foster physical, mental, emotional and social development in addition to promoting activities and sports that all students can enjoy and participate in for a lifetime of healthy physical activity. Students will be provided a variety of opportunities for enjoyment, challenge, self-expression, social interaction and learning how to work cooperatively in a group setting that will lead to a physically active lifestyle. The curriculum's alignment will be maintained with state and national standards and include performance assessments for each content area. Physical educators are encouraged to promote student participation in moderate to vigorous physical activity during physical education class time. The physical education program shall be designed to encourage healthy active lifestyles.

Students

WELLNESS

5519

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY (continued)

- Physical Education shall be required of all students in grades PreK-12. Currently, preschool students receive one class each week of 20 minutes, elementary students (~~K-5~~) receive two classes each week of 30 minutes, middle school students receive two classes each week of 40 minutes and high school students receive two classes each week of 45 minutes during a marking period.
- ~~• The Board of Education encourages the district to strive to provide physical education instructional periods for a period of time up to 150 minutes per week for elementary schools and up to 225 minutes per week for middle and high schools as recommended by the National Association of Sport and Physical Education.~~
- ~~• Each school is encouraged to develop reasonable class size, provide a safe facility for students to participate in physical education and make available to all students safe and sufficient equipment to access the curriculum.~~
- ~~• The district shall provide the opportunity for physical education teachers to engage in professional development.~~
- The district will continue to implement the 3rd ~~Generation~~ Connecticut Physical Fitness Assessment to all 4th, 6th, 8th and 10th grade students.

PHYSICAL ACTIVITY

~~Recess should not be viewed as a reward but as a necessary educational support component for all children. Students should not be denied recess as a means of punishment or to be used as a measure to enforce completion of academic work. Physical activity exercise is a necessary education support component for all students. No elementary student shall be denied involvement in the required period of physical exercise during the regular school day as a form of discipline. No student in grades kindergarten through grade 12 shall be required to engage in physical activity exercise as a form of discipline. Appropriate alternative strategies should be developed as consequences for negative or undesirable behaviors.~~

- ~~• All school employees All teachers, including those that teach physical education, shall not prohibit participation in recess as a form of punishment unless the safety of the student and/or others is at risk.~~
- Elementary schools are encouraged to develop schedules that provide time to the extent possible, within every school day for students to enjoy supervised recess preferably outdoors.
- Students shall be encouraged to be physically active during recess to supplement the daily recommended activity time for children.

Students

WELLNESS

5519

PHYSICAL ACTIVITY (continued)

- It is recommended that elementary schools schedule recess before lunch.
- All staff, including certified and non-certified, including teachers and coaches, shall not order the performance of physical activity as a form of discipline or punishment.
- The classroom teachers shall not prohibit participation in physical education class as a form of punishment or as a measure to enforce the completion of academic work.
- Staff members are encouraged to integrate physical activity as part of the learning process.
- Middle and high schools are encouraged to provide intramural opportunities for all students and encourage their participation. The high schools shall maintain opportunities for students through their interscholastic athletic program.
- When appropriate, the District shall work together with local public works and the police department to make it safer and easier for students to walk and bike to school.
- The District will maintain its relationship with the recreation department and other groups to continue to make available opportunities to students and the community for physical activity outside of the regular school day.
- The Board of Education values the health and well being of staff members and supports their efforts to maintain healthy lifestyles. Staff members are encouraged to serve as role models for a healthy lifestyle.

COMMUNICATION AND PROMOTION

A District-wide Wellness Coalition shall be established with the purposes of monitoring the implementation of the District's policy, evaluating policy progress, serving as a resource to school sites, developing and revising the policy as necessary and sharing positive strides being made to endorse a high level of wellness within buildings. The Coalition will meet regularly throughout the school year. Coalition membership shall consist of, but not limited to:

- District Food Service Coordinator₂
- Pparent representatives₂
- Sstudent representatives₂
- Sstaff member representatives₂
- Aadministrative Representative₂
- Sschool Nnurse₂
- Health Education Coordinator/Teacher₂
- Physical Education Coordinator/Teacher₂

Students

WELLNESS

5519

COMMUNICATION AND PROMOTION (continued)

It is recommended that this team use the Centers for Disease Control and Prevention's Coordinated School Health Program model to work as a cohesive group when evaluating the District Wellness Policy.

- It is recommended that students receive positive, motivating messages, both verbal and nonverbal, about healthy eating and physical activity throughout the school environment. All school personnel are encouraged to help reinforce these positive messages.
- The District is encouraged to develop long-term effective partnerships in order to communicate and receive feedback on the planning and implementation of health promotion projects and events throughout the school district and community.
- In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, it is recommended that the building Principal provides:

- ~~1. - N~~utrition education materials and cafeteria menus are sent home with students;
- ~~2. - R~~equests to parents to send healthy snacks/meals to school;
- ~~3. - F~~amilies with invitations to attend exhibitions of student nutrition projects or health fairs;
- ~~4. - N~~utrition education workshops and offers screening services.

- Schools are encouraged to promote healthy food choices and ~~encouraged to~~ not allow advertising that promotes less nutritious food and beverage choices. The promotion of nutrient-dense foods, including fruits, vegetables, whole grains and low-fat dairy products, shall be encouraged.

The following procedure is recommended in order to evaluate the effectiveness of the Wellness Policy:

- ~~T~~he District-wide Wellness Coalition shall monitor the implementation of the Wellness Policy; evaluate progress in implementing policy; serve as a resource to school sites; and recommend revisions of the policy through the Superintendent or ~~her~~ designee;
- ~~It is encouraged that the policy shall be~~ annually reviewed the Wellness Policy to determine if it is meeting current needs and promoting healthy eating and physical activity;
- ~~T~~he district will strive to support the district-wide wellness policy through local education budget, public and private grants and local community contributions.

Students

WELLNESS

5519

Legal Reference: 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.

10-221o 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)

Approved on 6/27/2006

Revised and Approved 08/04/2009



P.A. 13-173 AN ACT CONCERNING CHILDHOOD OBESITY AND PHYSICAL EXERCISE IN SCHOOLS

PAGE 1

UPDATE MAILING NO. 4

JULY 15, 2013

This Act requires public schools to include a total of 20 minutes of physical exercise in each regular school day for all elementary school students, rather than just those in kindergarten through grade five, as previously required. (Neither the Act nor the statutes define “elementary school”).

In addition, the legislation requires boards of education, by October 1, 2013, to adopt policies it deems appropriate concerning any school employee being involved, during the regular school day, in (1) preventing, as a form of discipline, an elementary school student from participating in the required period of physical exercise or (2) requiring any student in grade kindergarten through twelve to engage in physical activity as a form of discipline.

With regard to the policies the boards of education must adopt, the Act defines a school employee as a (1) teacher, substitute teacher, school administrator, school superintendent, guidance counselor, psychologist, social worker, nurse, physician, school paraprofessional, or coach employed by a local or regional board of education or working in a public elementary, middle, or high school; or (2) a person who, in the performance of his or her duties, has regular contact with students and who provides services to or on behalf of students in public, elementary, or high school under a contract with the local or regional board of education.

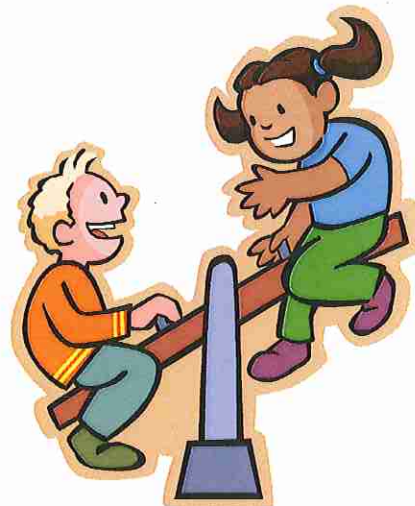
The Act also establishes a 19-member task force to study the effects of obesity on children’s health and report its findings to the Children’s Committee by October 1, 2014.

The task force must:

1. gather and maintain current information on childhood obesity that can be used to better understand its impact on children’s health;
2. examine the nutrition standards for all food the state procures;
3. explore ways to increase children’s physical activity;
4. recommend the implementation of a pilot program, through a local or regional board of education, to schedule recess before lunch in elementary school; and
5. advise the Governor and General Assembly on how to coordinate and administer state programs to reduce the incidence of childhood obesity.

Policy Implications

Policy #6142.10, “Health Education Program,” and Policy #6142.61, “Physical Activity” pertain to this topic. They have been revised to include the new legislation and follow for consideration.



A sample policy to consider.

Instruction

Health Education Program

Version #1:

The Board recognizes that student health and success in school are interrelated. Schools cannot achieve their primary mission of education if students are not healthy and fit physically, mentally and socially. In order to play a proactive role in preventing disabling chronic health conditions, unnecessary injury and disease, to help students learn to take responsibility for their own health and to adopt health-enhancing attitudes and behaviors, the District shall adopt a comprehensive health education program consistent with the requirements of state and federal law.

The District's program will be developed in cooperation with staff, parents, members of the community and state and local agency representatives, as appropriate, and adopted by the Board.

The input of students will be encouraged. Development of the District's program will be guided by the following goals:

1. Each District school shall be a safe and healthy place for students and employees to learn and work, with a climate that nurtures learning, achievement and growth of character;
2. All students shall be taught the essential knowledge and skills they need to become health literate - that is, to make health-enhancing choices and avoid behaviors that can damage their health and well-being;
3. Each District school shall be organized to reinforce students' adoption of health-enhancing behaviors and staff shall be encouraged to model healthy lifestyles; and
4. School leaders shall ensure that the nutrition health services and social services students need in order to learn are provided, either at the school site or in cooperation with other community agencies.

Contributing to the fulfillment of the above-stated goals and 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. In addition, all students enrolled in ~~grades kindergarten through five, inclusive~~ **elementary school** shall have included in the regular school day, time devoted to physical exercise, of not less than twenty minutes in total, except that this requirement may be altered by a Planning and Placement Team (PPT) for a child requiring special education and related services according to state and federal law, as may be amended from time to time.

Note: *The new legislation requiring the daily period of physical activity for students in ~~grades K through 5~~ **elementary school** does not spell out types of activity. It can be a combination of planned physical education classes, recess, and/or teacher-directed classroom activities.*

Instruction

Health Education Program

Version #1: (continued)

School employees (*teacher, substitute teacher, administrator, superintendent, guidance counselor, psychologist, social worker, nurse, physician, paraprofessional, coach, or any other individual working in a District school, who in the performance of his/her duties has regular contact with students and provides services to or on behalf of students enrolled in a District school, pursuant to a contract with the Board of Education*) shall not deny (*alternate: refrain from denying*) 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 (*or refrain from cancelling it*) for instructional makeup time. In addition, any student in kindergarten through grade twelve shall not be required to engage in physical activity as a form of discipline.

In addition, it is the intent of the Board that District schools take a proactive effort to encourage students to make nutritious food choices. Food and beverages sold or served in District schools shall include nutritious food choices. Food and beverages sold or served in District schools shall include nutritious, low-fat foods and drinks, which may include, but shall not be limited to, low-fat dairy products, natural fruit juices and fresh or dried fruit at all times when food or drink is available for purchase by students during the school day.

The Superintendent will develop administrative regulations as needed for the implementation of this policy, including a process for the regular review and evaluation of the District's program.

Version #2:

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. A sequential, age-appropriate health education, physical education and nutrition instruction curriculum provided in pre-kindergarten through grade 12 and that is designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors;

Instruction

Health Education Program (continued)

Version 2: (continued)

3. Food services activities that are coordinated with the District's nutrition education curriculum;
4. School health services activities that are designed to ensure access and/or referral to primary health care services, foster appropriate use of health care services, prevent and control communicable disease and other health problems, and provide emergency care for illness or injury;
5. 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
6. 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. In addition, all students enrolled in ~~grades kindergarten through five, inclusive,~~ **elementary school** shall have included in the regular school day, time devoted to physical exercise, of not less than twenty minutes in total, except that this requirement may be altered by a Planning and Placement Team (PPT) for a child requiring special education and related services according to state and federal law, as may be amended from time to time.

Note: The new legislation requiring the daily period of physical activity for students in ~~grades K through 5~~ **elementary school** does not spell out types of activity. It can be a combination of planned physical education classes, recess, and/or teacher-directed classroom activities.

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, any student in kindergarten through grade twelve shall not be required to engage in physical activity as a form of discipline.

Instruction

Health Education Program

Version 2: (continued)

In addition, it is the intent of the Board that District schools take a proactive effort to encourage students to make nutritious food choices. Food and beverages sold or served in District schools shall include nutritious food choices. Food and beverages sold or served in District schools shall include nutritious, low-fat foods and drinks, which may include, but shall not be limited to, low-fat dairy products, natural fruit juices and fresh or dried fruit at all times when food or drink is available for purchase by students during the school day.

The Superintendent will develop administrative regulations as necessary to implement this policy, including specific provisions for the responsibilities of staff under the District's program and for evaluation of each component of the school's health program on an [annual] [regular] basis.

- (cf. 3542 – Food Service)
- (cf. 3542.33 – Food Sales Other Than National School Lunch Program)
- (cf. 3542.34 – Nutrition Program)
- (cf. 3452.45 – Vending Machines)
- (cf. 6141.61 – Physical Activity)
- (cf. 6142.101 – Wellness)
- (cf. 6142.6 – Physical Education)

Legal Reference: 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

10-221o 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)

Policy adopted:

cps 3/04
rev 6/04
rev 5/12
rev 6/13