

Physical Exercise and Discipline of Students

The Board of Education recognizes that a positive approach toward exercise and physical activity is important to the health and well-being of students. All aspects of the school experience should encourage students to have a healthy attitude toward exercise and promote the life-long enjoyment of physical activity. Therefore, when school employees impose disciplinary consequences for student misconduct during the regular day, the following restrictions shall apply:

1. LOSS OF RECESS AS DISCIPLINARY CONSEQUENCE

Except as provided below, school employees may NOT prevent a student in elementary school from participating in recess as a form of discipline. "Recess" is the time devoted each day (at least 20 minutes) to physical exercise in the district's elementary schools.

Loss of recess as a form of discipline may be permitted on a case-by-case basis if approved in writing by building administration prior to the imposition of the discipline. Such approval may be granted for safety reasons, as a last resort before in-school suspension, or in extraordinary situations when alternative strategies to address student misconduct have been ineffective.

This restriction shall not apply to students who are receiving in-school suspension.

2. PHYSICAL ACTIVITY AS PUNISHMENT

School employees may NOT require students to perform a physical activity as a form of discipline.

3. WELLNESS INSTRUCTION

School employees shall not prevent students from participating in physical exercise during wellness instruction as a form of discipline.

This restriction does not apply to brief periods of respite/time-outs, referrals to the building administrator, or for safety reasons.

At no time shall an entire class be prevented from participating in wellness instruction as a disciplinary consequence.

The Superintendent of Schools is authorized to develop guidelines to implement this policy.

Nothing in this policy shall prevent a school employee from acting in accordance with an Individualized Education Plan developed by the student's Planning and Placement Team.

For the purpose of this policy, "school employee" means a 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 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 a public elementary, middle or high school, pursuant to a contract with the local or regional board of education.

Legal Reference:

Public Act 13-173, an Act Concerning Childhood Obesity and Physical Exercise in Schools

Adopted: November 4, 2013