

SCOTLAND BOARD OF EDUCATION
Board Policy

Instruction

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. A sequential, age-appropriate health education, physical education and nutrition instruction curriculum provided in pre-kindergarten through grade 6 and that is designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors.
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.
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.

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Health Education Program (Cont'd)

In conformity with state statute, the Board requires that all students shall be provided a daily lunch program of not less than twenty (20) minutes. In addition, all students enrolled in grades kindergarten through six, inclusive, shall have included in the regular school day, a period of physical exercise. 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.

In addition, it is the intent of the Board to take a proactive effort to encourage students to make nutritious food choices. Food and beverages sold or served in the school 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.

(cf. 6142.6 –Physical Education)

(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)

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.

PA 04-224 An Act Concerning childhood Nutrition in Schools, Recess, And Lunch Breaks.