

Instruction

Wellness

ADMINISTRATIVE REGULATIONS ON WELLNESS

6142.101AR

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. In addition to comprehensive curricula in the areas of Health and Physical Education, this administrative regulation gives guidance to the administration in the implementation of the Wellness Policy.

Physical Education and Physical Activity

To promote regular physical activity, it is recommended that:

- Activities should be fun, age-appropriate, challenging and safe.
- All teachers, including coaches and those who teach physical education, shall not order the performance of physical activity as a form of discipline.
- All teachers, including those who teach physical education, shall not prohibit participation in physical education class or recess or use the prohibition in these activities as a form of discipline unless the safety of students is in question.
- Elementary schools schedule recess before lunch.

Healthy and Safe Environment

To promote a healthy and safe environment, it is recommended that:

- Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- Each work site, school and classroom shall work to create an environment where students, parent/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.
- All 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.
- All students wash their hands before snack, lunch and after using the bathroom.

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Health Services

The purpose of school health services is to facilitate and promote optimal learning for students through health strategies. School health services include the following goals:

- To promote prevention, early identification and remediation of health problems and needs of students.
- To assist students to assume responsibility for their own health and to develop healthful attitudes and practices.
- To provide first aid care for illnesses and injuries that occur at school.
- To provide care for chronic health conditions that require management during the school day. (School Health Manual, Volume II. Ex. Asthma section 10.1 – 10.2)
- To promote remediation of hazards, environmental health and safety, injury prevention and awareness.
- To maintain a liaison with the other Town agencies, community health care providers, programs, and related partners.
- To prevent and mitigate the spread of communicable diseases.
- To participate in preparedness efforts designed to meet the needs of students, staff, and families in the event of a crisis or disaster affecting the school and/or the community.

Family, School and Community Partnership

To promote family and community partnerships, it is recommended that:

- Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes.
- Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.
- Schools and the district shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

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Staff Wellness

To promote staff wellness, it is recommended that:

- Employees shall be encouraged to engage in daily physical activity.

Measurement and Evaluation

- Use of the School Health Index will be used annually to evaluate, monitor and review policy.

2/7/2007