

Instruction

Emotional Wellness

The Brookfield Board of Education promotes healthy schools, by supporting emotional wellness through the district's health curriculum and through direct proactive support to individuals and groups on specific topics of need. The district promotes positive lifestyle choices and practices. Improved emotional wellbeing optimizes students' potential.

Education

The district educates students pre-K-12 regarding the elements of a healthy lifestyle through the district's health, physical education, family and consumer science and social studies curricula, school health service and guidance support programs. Students are encouraged to make positive choices that enhance their emotional wellbeing and to avoid behaviors that result in negative emotional consequences. Issues to be addressed include drug, alcohol and tobacco abuse, acting out behavior, inappropriate sexual behavior, abusive relationships, eating disorders, intolerance, bullying, and negative school attitudes. To support these goals, the District shall:

1. Ensure that students in grades pre-K-12 receive health education that is interactive and teaches curricula that encourages students to adopt emotionally healthy behaviors.
2. Offer emotional support and counseling through the Districts school health services (counselors, nurses, psychologists and social workers) as well as by classroom teachers as appropriate.
3. Provide programs that enhance students' self concept, self respect and self worth (e.g., Caught Being Good, Seven Habits of Highly Effective Teens, Benchmarks, Big Brother/Big Sister, Capturing Kids' Hearts, peer counseling, students of the month, etc.)
4. Link health education with the District's physical education, social studies and family and consumer science curricula.
5. Include federal, state and local curriculum standards that pertain to emotional wellness in the District's health education curriculum.
6. Insure that guidance personnel participate in health curriculum revisions.
7. Link emotional wellness activities with the coordinated school health program.
8. Involve parents, students and the community in achieving emotional wellness standards.
9. Provide opportunities to develop positive character traits and emotional wellness during the school day and through after school activities.
10. Work with the community to create an environment that is emotionally supportive and stable.

11. Guidance shall be included in evaluation and revision of all health curriculum.
12. The administration will take proactive steps to communicate concerns to guidance on a timely basis.
13. The administration will provide parents and/or guardians with information regarding support resources upon request.

(cf. 3542 – Food Service)

(cf. 3542.33 - Food Sales Other Than National School Lunch Programs)

(cf. 3542.34 – Nutrition Program)

(cf. 3542.45 – Vending Machines)

(cf. 6142.6 – Physical Education)

(cf. 6142.61 – Physical Activity)

(cf. 6142.62 – Recess/Unstructured Time)

(cf. 6142.10 – Health Education)

(cf. 6162.101 – School Wellness)

(cf. 5131.6 – Drug, Tobacco, Alcohol)

(cf. 5141 – Health)

(cf. 5162 – Awards for Achievement)

Legal Reference: Connecticut General Statutes

10-16b Prescribed courses of study.

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

10-221 Board of education to prescribe rules, policies and procedures.

10-215a Non-public school participation in feeding programs

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

10-216 Payment of expenses.

10-215b-1 State board of education regulation. Competitive foods

PA 04-224 An Act Concerning Childhood Nutrition in Schools, Recess, and Lunch Breaks

National School Lunch Program and School Breakfast Program; Competitive Foods. (7 CFR Parts 210 and 220, Federal Register, Vol. 45, No. 20, Tuesday, January 29, 1980, pp. 6758-6772)

The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265.

Policy Adopted: 5/3/06