



General Assembly

January Session, 2021

Proposed Bill No. 6146

LCO No. 1942



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Referred to Committee on EDUCATION

Introduced by:

REP. HAMPTON, 16th Dist.

(By Request)

AN ACT CONCERNING THE INCLUSION OF MENTAL BREAK AND REST DAYS FOR STUDENTS IN THE SCHOOL CALENDAR.

Be it enacted by the Senate and House of Representatives in General Assembly convened:

- 1 That title 10 of the general statutes be amended to require a local or
- 2 regional board of education to include mental break and rest days for
- 3 students in the calendar for the school year adopted by such board.

Statement of Purpose:

To promote student mental health and recognize the role that rest plays in the well-being of students.