

Allen ISD School Health Advisory Council
Recommendations for Recess Policy
Elementary School Students
April 2017

WHEREAS, SB 530 requires the local school health advisory council to consider and make policy recommendations to the District concerning the importance of daily recess for elementary school students; and

WHEREAS, the Allen ISD School Health Advisory Council has considered research on the positive health and social development benefits, as well as academic benefits of recess and unstructured and undirected play; and

WHEREAS, recess specifically provides children with discretionary time to engage in physical activity that helps to develop healthy bodies, healthy minds, and the enjoyment of movement as well as opportunities to practice life skills such as conflict resolution, cooperation, taking turns, sharing and problem-solving; and

WHEREAS, the local school health advisory council has considered that local community values are reflected in any recommendation made by the council; and

WHEREAS, recess, while separate and distinct from physical education, is an essential component of the total educational experience for elementary aged children;

NOW, THEREFORE, based on this information, **BE IT RESOLVED** that the Allen Independent School District (AISD) School Health Advisory Council recommends the following:

1. Elementary school students (grades K-6) shall be provided with a minimum of 30 minutes each day of unstructured recess time supervised by qualified adults, in addition to the 135 minutes of structured physical education classes mandated in SB 530
2. All teachers shall receive annual professional development on structured vs. unstructured time to include the following recess guidelines.
 - Recess shall be provided for at least 30 minutes during each school day. For grades K-3, recess should be split into multiple sessions.
 - Recess shall not be taken away as a punishment or for academic reasons without parental consent.
 - Recess shall not be viewed as a reward but as a necessary educational support component for all children.
 - Recess shall not be scheduled immediately before or after physical education class and is discouraged from being the last class of the day.
 - Recess inside due to inclement weather or other circumstances shall be unstructured and teachers will provide opportunities for movement and play.
 - Recess time shall be provided to all students (grades K-6) on days during standardized testing (i.e. STAAR testing) for a minimum of 15 minutes.

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3. Recess policy and the Administration Regulation shall be published in the campus handbook that is posted or distributed to parents.
4. AISD elementary schools will provide and maintain the playgrounds, facilities, equipment, and supervision necessary to ensure that unstructured recess experiences are productive, safe, and enjoyable.
5. Adults should direct or intervene when a child's physical or emotional safety is an issue. Bullying or aggressive behavior must not be allowed and all safety rules should be taught and enforced.

REFERENCES:

CDC: Center for Disease Control and Prevention, Healthy Schools, Recess.
<https://www.cdc.gov/healthyschools/physicalactivity/recess.htm>

AAP: American Academy of Pediatrics: The Crucial Role of Recess at School, Pediatrics Vol. 131 No. 1 January 01 2013.
<http://pediatrics.aappublications.org/content/131/1/183..info>

SHAPE: Society of Health and Physical Educators. Guide for Recess Policy.
<http://www.shapeamerica.org/advocacy/upload/Guide-for-Recess-Policy.pdf>

TSHAC: Texas School Health Advisory Committee. Recommendations.
<https://www.dshs.texas.gov/schoolhealth/shadviserecommendations.shtm>

ERIC: National Association of Early Childhood Specialists in State Departments of Education. Recess and the Importance of Play.
<https://eric.ed.gov/?id=ED463047>

National PTA: Resolution on School Recess.
<http://www.pta.org/about/content.cfm?ItemNumber=3954>

NASPE: National Association for Sports and Physical Education. Position Statement. Recess for Elementary School Students.
http://linkproject.tcu.edu/wp-content/uploads/2017/02/NASPE.PS_Recess.2006.pdf