RECESS

The Board of Directors believes that it is good educational practice to enable a daily break period for elementary-age children. Evidence has shown that such a break period contributes significantly to the educational, health and social development of children.

A break from the daily routine contributes to alertness in people of all ages, particularly young children. Providing respite is highly compatible with brain research and attention span in children. Analysis of research findings also consistently concludes that physical activity supports learning.

School recess activities also develop social skills and social interactions of children. It is recognized that children in today's world are engaging in more solitary activities with electronic devices and games. Organized sports may provide teaming opportunities for some, but fewer chances exist in open settings and less-structured social interactions. Recess contributes to activities that can help develop skills in conflict resolution, leadership, social interaction, and group play.

Evidence is clear that our children face increasing health risks. Childhood obesity is increasing as a major threat to our children. Inactivity is contributory to obesity, high blood pressure and high cholesterol. While there is no guarantee that all children will be active during recess periods, data reflect that elementary children engage in vigorous physical activity during recess—perhaps exceeding physical education classes.

Therefore, it shall be the policy of Board of Directors that every elementary child will, to every extent appropriate, have a daily opportunity for recess in addition to the daily lunch/recess period.

The superintendent is directed to develop guidelines for the implementation of this policy. Such recess shall be supervised but shall largely consist of unstructured play time. Scheduling shall be conducted at the school and classroom level. Withholding of physical education class, recess, and/or other forms of physical activity as punishment or in lieu of completing other academic work is discouraged. Occasional loss of recess may occur, but repeated loss over time is not acceptable.

Cross References: Board Policy 2100 Instructional Program Offerings
Board Policy 4260 Use of School Facilities
Legal References:  
RCW 28A.230.040  Physical Education – Grades 1-8  
28A.230.050  Physical Education in High School  
28A.235  Surplus or Donated Food Commodities  
For School Hot Lunch Programs  
28A.235.120  Lunchrooms – Establishment and  
Operation – Personnel for –  
Agreement for  
28A.235.130  Milk for children at school expense  
28A.623.020  Nonprofit Meal Program for Elderly --  
Authorized – Restrictions  
Food, Drugs, Cosmetics, and Poisons  
69.06.010  Food Service Worker Permit  
69.06.020  Permit Exclusive and Valid Throughout  
State – Fee  
69.06.030  Diseased Persons – May Not Work –  
Employer May Not Hire  
69.06.050  Permit to be Secured within Fourteen  
Days from Time of Employment  
Limited Duty Permit  
WAC 180-50-135  Physical Education – Grade School and  
High School Requirement  
WAC 180-51-085  Physical Education Requirement – Excuse  
7 CFR, Parts 210 and 220  
7 CFR, Part 245.5  

Management Resources:  *Policy News*, December 2004  Nutrition and Physical Fitness Update

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