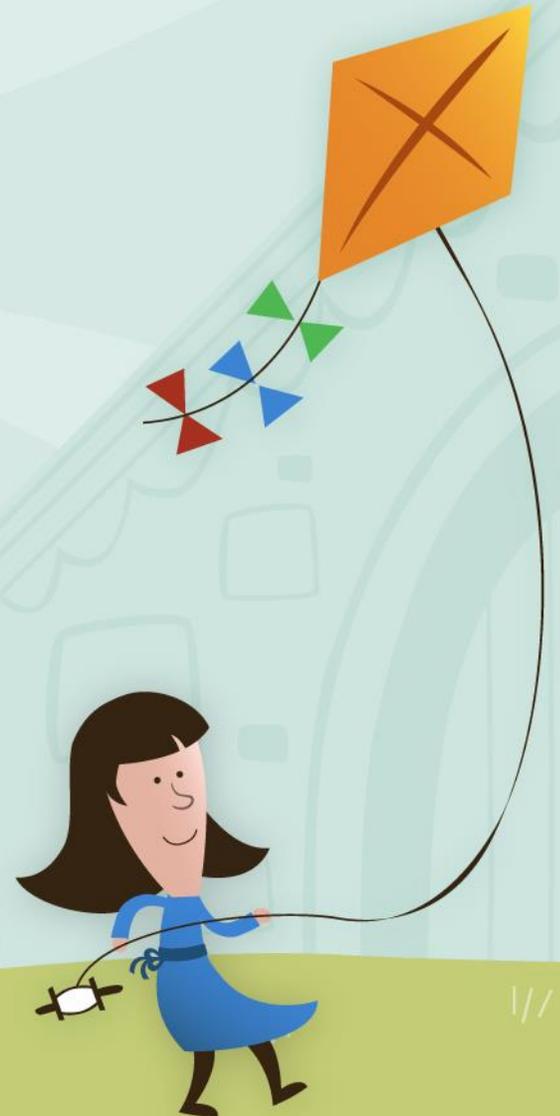


RECESS TIME AND STUDENT PERFORMANCE

Lammersville Unified School District

Khushwinder Gill



General Questions



Students –

- Not having enough time to eat lunch.
- Students rush to eat because they want to play.
- Students not being able to focus in the classroom.



Benefits of Recess

American Academy of Pediatrics (AAP) Advocates for Longer Recess Periods



**5 reasons
recess is
important**

- Play helps children develop physical skills
- Interacting with others fosters better social skills
- Play or just quiet time can boost intellectual capacity
- Children become more morally conscious when they interact with other children
- Better classroom behavior

American Academy of Pediatrics (AAP) Advocates for Longer Recess Periods

- Recess is as important as learning math or the alphabet
- Socialization from play fosters skills to become happy, healthy adults
- Playing with peers gives children a sense of belonging that could lead to positive feelings of self-worth
- Physical movement decreases Childhood Obesity
- Taking away recess as punishment can have a deleterious impact that could interfere with childhood development



Research About School and Recess

About two thirds of Site Administrators take away recess as punishment for behavior problems or not finishing work, according to “The State of Play” 2009 survey by Gallup for the Robert Wood Johnson Foundation.

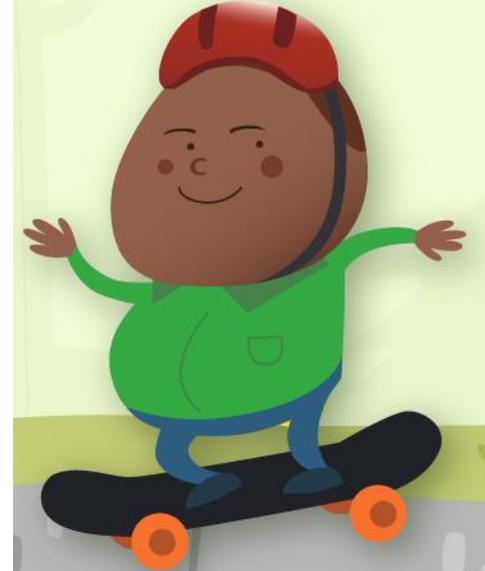
“It’s the kids who have trouble concentrating that need recess more than anybody else – and they are the ones less likely to get it,” says Olga Jarrett, a leading researcher on recess and an associate professor of early childhood education at Georgia State University.

According to research in a 2003 issue of Teachers College Record:

Less likely to get recess if you are African-American (39 percent don’t have recess, compared to 15 percent whites).

Living below the poverty line (44 percent of poor children don’t have recess versus 17 percent of others).

Struggling academically (25 percent of kids who scored below the mean on a standardized test versus 15 percent of those above did not have recess).



Next Steps



In September, Wellness Committee will-

- Review and discuss research on Recess Time
- Review current recess time in Lammersville Unified School District
- Make a recommendation regarding recess time, specifically lunch recess time by analyzing all of the other variables
- Bring the recommendation to the Superintendent and Governing Board

