

**Tuloso-Midway ISD School Health Advisory Council**  
**Recommendations on Recess for Elementary School Students**  
**Date: May 19, 2014**

**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 local school health advisory council has considered research concerning unstructured and undirected play; and

**WHEREAS**, the local school health advisory council has considered research concerning academic and social development; and

**WHEREAS**, the local school health advisory council has considered research concerning the health benefits of daily recess; 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; and

**WHEREAS**, recess provides children with discretionary time and opportunities to engage in physical activity that helps to develop healthy bodies and enjoyment of movement; and

**WHEREAS**, recess allows elementary children to practice life skills such as conflict resolution, cooperation, respect for rules, taking turns, sharing, using language to communicate, and problem solving in situations that are real; and

**WHEREAS**, recess facilitates improved attention and focus on learning in the academic program.

**NOW, THEREFORE**, based on this information, **BE IT RESOLVED** that the Tuloso-Midway Independent School District School Health Advisory Council recommends the following:

- ◆ Recess should not replace physical education. Recess is unstructured playtime where children have choices, develop rules for play and release energy and stress.
- ◆ Physical education provides a sequential instructional program with opportunities for children to learn about and participate in regular physical activity, develop motor skills, use skills and knowledge to improve performance.

- ◆ Tuloso-Midway ISD elementary schools should develop schedules that provide for supervised, daily recess in grades pre-kindergarten through grades five.
- ◆ Recess should not be viewed as a reward but a necessary educational support component for all children and each student should be allowed to participate in the entire recess period.
- ◆ Tuloso-Midway ISD should provide the facilities, equipment and supervision necessary to ensure the recess experience is productive, safe and enjoyable.
- ◆ 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 enforced.

BE IT FURTHER RESOLVED, that the Tuloso-Midway Independent School District School Health Advisory Council supports the following statement:

**Quality physical education, along with daily recess, are necessary components of the school curriculum that enable students to develop physical competence, health-related fitness, self responsibility, and enjoyment of physical activity so they can be physically active for a lifetime.**

Approved and adopted the \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_. We, the undersigned, hereby certify that the foregoing Resolution was duly adopted by the Tuloso-Midway ISD SHAC.

<u>Brenda Moody</u>	<u>Conna McMonighe</u>
<u>Joe Smith</u>	<u>Brad Hays</u>
<u>Shirley Smith</u>	<u>Bill Smith</u>
<u>Lorne Lakin</u>	
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<u>Lindie Bringley</u>	
<u>Pamela Hernandez</u>	
<u>Gloria Guerra-Calk</u>	
<u>Margaret (Meggie) De Los Santos RA</u>	
<u>Bill Calk</u>	

Adopted and read by the Tuloso-Midway I.S.D. President, Paul Mostella on this the 19th day of May 2014.

Paul Mostella