

Longacre Elementary Lunchtime and Recess Safety

Take
care of
yourself.

Take care
of each other

Take care
of our school.





Hi! I'm Spot. "S" stands for stay safe! "P" stands for practice responsibility. "O" means offer respect. "T" means team up for teamwork! Be in the spotlight!

Stay SAFE

Practice

RESPONSIBILITY

Offer RESPECT

Team up for

During lunchtime and recess, our Noon Supervisors and Longacre staff are in charge and will assist you in making positive choices.



HALLWAY EXPECTATIONS

<p>S</p> <p>Safety</p>	<p>Stay to the right & walk in a single line, face forward, at all times.</p> <p>Keep hands, feet, and objects to yourself.</p> <p>Carry and store possessions safely.</p>
<p>P</p> <p>Practice Responsibility</p>	<p>Take care of your belongings.</p> <p>Go directly to your destination and return promptly.</p> <p>Help keep the hallway tidy.</p>
<p>O</p> <p>Offer Respect</p>	<p>Others are learning, whisper when talking.</p> <p>Respect others personal space and property.</p> <p>Listen and follow the directions of adults.</p>
<p>T</p> <p>Teamwork</p>	<p>Keep area neat, leave nothing behind.</p> <p>Stay in-step with your class.</p> <p>Encourage others to follow hallway expectations.</p>

Going to Recess/Lunch

- Target Lines in the Hallway.
 - **Walking** behind the person in front of you.
 - Walk on the right side of the hallway. Always keep space for others to pass by.
 - Those buying only milk or snack should be at the front of the line.
 - Quiet voices. Respect the learning time of those still in their classrooms.
 - Hands, feet, and lunch boxes to yourself. Thank you for not swinging your lunchbox.



- Always remember that we travel through the school by walking. Those not walking will be sent back to walk.

RESTROOM EXPECTATIONS

<p>S</p> <p>Safety</p>	<p>Walk at all times.</p> <p>Keep water in the sink.</p> <p>Keep feet on the floor, climbing is dangerous.</p>
<p>P</p> <p>Practice Responsibility</p>	<p>Place trash in the garbage can.</p> <p>Flush toilet and keep stall door unlocked when not in use.</p> <p>Wash hands with soap before leaving</p>
<p>O</p> <p>Offer Respect</p>	<p>Knock before entering stall.</p> <p>Give others privacy.</p> <p>Keep the lights on.</p>
<p>T</p> <p>Teamwork</p>	<p>Keep restrooms clean and neat!</p> <p>Wait your turn and be patient.</p> <p>Get in and out of the restroom promptly.</p>

Rules for the Restroom

•If you're in the lunchroom:

- raise your hand

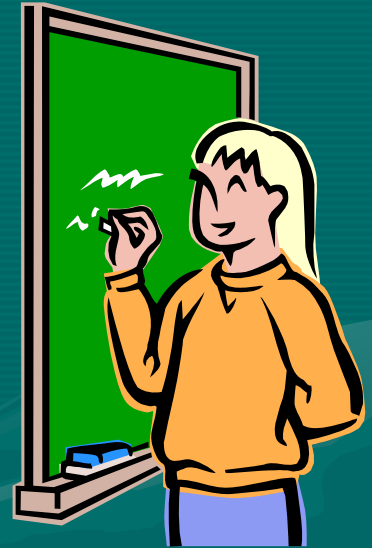
- unless it is an emergency, only three boys and three girls may leave the lunchroom at a time.

- If you're given permission to leave the lunchroom to use the restroom, please write your name on the dry erase board and remember to erase it when you return.

- Quietly walk to the restroom. Please remember to take care of our school and use the restrooms appropriately. We trust that you will be respectful of the property of our school. **Vandalism is against the Student Code of Conduct.**

- Bathroom stall doors are to remain unlocked at all times unless they are being used.

- No climbing or swinging from walls or doors.



LUNCHROOM EXPECTATIONS

<p>S</p> <p>Safety</p>	<p>Walk in quietly and promptly go to assigned area.</p> <p>Keep hands, feet, and objects to yourself.</p> <p>Follow allergy table procedures</p>
<p>P</p> <p>Practice Responsibility</p>	<p>Sit only in assigned area.</p> <p>Leave no trace.</p> <p>Leave lunchroom only with permission.</p>
<p>O</p> <p>Offer Respect</p>	<p>Use quiet voices, respect the learning time of others.</p> <p>Promptly follow signals and directions of adults in charge.</p> <p>Use proper table manners.</p>
<p>T</p> <p>Teamwork</p>	<p>Allow others to join you.</p> <p>Use DEBUG when needed.</p> <p>Work together to keep lunchroom clean & safe.</p>

Rules for our Lunchroom

- You'll never have to worry about where to sit because your class has a table reserved just for you! Our noon supervisors will help you find it.
- When you walk into the lunchroom, if you are buying milk, snack, or lunch, please walk to the computer line for your class.
- When you walk into the lunchroom, if you have everything you need, please sit at your lunch table and begin your lunch. Please do not save seats.
- We have a separate table for those with food allergies. If you need to sit there, you may invite a friend to join you. A Noon Supervisor must check your friend's lunch to assure it doesn't pose a hazard to you or others at this table.



Rules for our Lunchroom-continued

- Once you are in your seat, it is expected that you will stay there unless you have permission to do otherwise. Changing tables, visiting other tables and yelling across tables is not allowed.



- Loud voices make it difficult:

- to get your attention in the event of an emergency.

- for those in surrounding classrooms to concentrate on their learning

- for many to enjoy their lunch!

- Raise your hand if you are in need of something.

- Our Noon Supervisors will raise their hand if they need your attention! Please give it to them quickly by raising your hand and preparing to listen.

- We expect that you will use the same manners in our lunchroom that you use in your own home or in a restaurant.



When it's time to leave the lunchroom...

- Everyone is involved in taking care of our school.
- Everyone is expected to keep our lunchroom neat and help get the lunchroom and tables ready for the next class.
- Everyone will have a turn to be a "table wiper" and you can check the board to see whose turn it is.
- Hold onto your trash until you're dismissed. You are responsible for your own trash.
- When the Noon Supervisors let you know that it's time to clean up and line up:
 - Clean up the area around your eating space.
 - Take your belongings with you.
 - Place (please, don't throw!) your trash in the garbage can.The garbage can with the white liner is for recyclable white lunch trays.
- Walk to your single file line along the wall.
- Food and drinks are to be consumed at the lunch tables only.



Walking to recess...

We **always** travel in the hallways by walking.

We **always** travel in the hallways nearly silently so we respect the learning time of those in their classrooms.

We **always** put our lunch things away nearly silently and listen for directions from our Noon Supervisors.

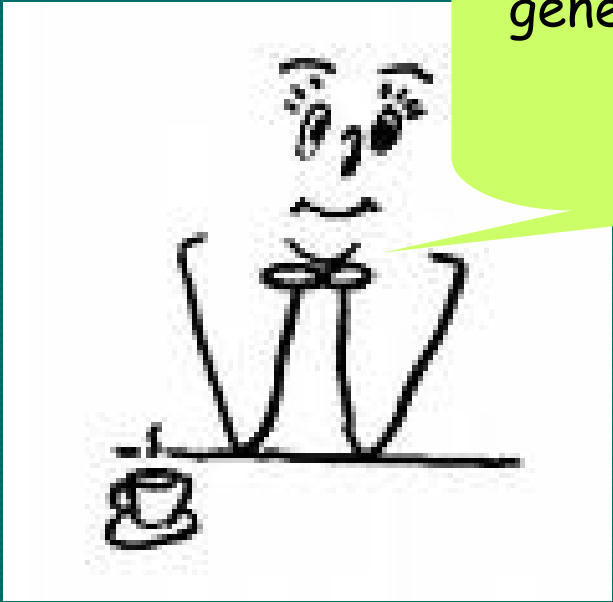
We **always** keep our hands, feet and objects to ourselves.

We **always** remember that it doesn't matter where we are in line - we're all going to make it to recess!



PLAYGROUND EXPECTATIONS

<p>S</p> <p>Safety</p>	<p>Stay in designated play areas, get permission to go inside.</p> <p>Avoid rough and dangerous play.</p> <p>Use equipment properly.</p>
<p>P</p> <p>Practice Responsibility</p>	<p>Return equipment.</p> <p>On signal, promptly line up and face forward.</p> <p>Walk in quietly with hands by your side.</p>
<p>O</p> <p>Offer Respect</p>	<p>Use kind words and actions.</p> <p>Be willing to negotiate and compromise.</p> <p>Promptly follow directions of adults in charge.</p>
<p>T</p> <p>Teamwork</p>	<p>Play by the rules.</p> <p>Allow others to join you.</p> <p>Use DEBUG as needed.</p>



Okay-so here are some general playground rules for everyone to remember.

- Always go outside dressed for the weather. In winter weather, winter clothing is necessary. Hats, gloves, warm coat, snowpants and boots are needed. It's very uncomfortable to spend the afternoon in wet clothes. Instead of concentrating on learning something new, your mind will be on how uncomfortable you are. To play in the snow, you must be wearing snowpants and boots. If only boots are worn, you can walk in the snow. Without boots, you must stay on the pavement.



We're not finished yet...

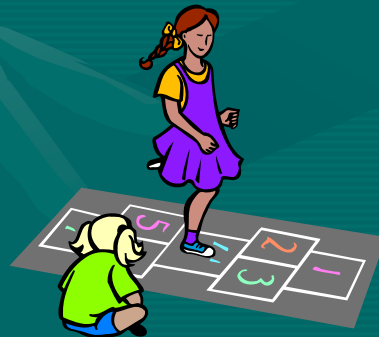
- Students are expected to remain on their designated playground area.
- No one is allowed to leave the playground without the permission of a Noon Supervisor.
- There may be times when certain parts of the fields or playground may be off limits. LISTEN FOR DIRECTIONS.
- When there is snow on the ground, the playscapes and the surrounding wood chips areas are off limits.
- Puddles and ice are off limits.
- Only approved playground balls and equipment can be used.
- Many items brought from home may not be permitted.
- Good sportsmanship is expected at all times.

***Our playground is divided into areas.
Let's look at activities you can play on
the different areas.***

AREA #1: Blacktop Activities

NO FIELD GAMES SHOULD BE PLAYED ON BLACKTOP OR CEMENT

- 4-square
- Hopscotch
- Jump rope
- Basketball



BASKETBALL

Basketball Rules for grades 3-5 (Play by lower grades will be discretionary)

Maximum of five players per team

As with all sports, Good sportsmanship should be displayed at all times.

A foul is any physical contact between players, shouldering, holding, pushing, tripping, or striking in anyway. A foul may also be called if a player is displaying poor sportsmanship.

The only time a foul shot will be given is if the foul is called when a player is making a shot. If the ball goes out of bounds, it is out on the last person the ball touched. The ball is given to a player on the other team to throw in.

A jump ball is called when two players withheld the ball from play for two to three seconds (depends). A jump balls are rotated between teams and is also thrown in from the side line. The ball may be thrown with one or both hands.

The player dribbling the ball should continue to dribble until the ball is passed or a shot is taken. Once the player stops dribbling and holds the ball with both hands they may not dribble the ball (this is double dribbling)

A player cannot run with out dribbling the ball, this is called traveling with the ball.

If a player on defense (Players team that does not have the ball) has what referees call initial guarding position (both feet and the torso facing the opponent), he is in legal position to draw a charge if the dribbler slams into him.

There may be times when games will be half court, depending on the amount of kids wanting to play.

BASKETBALLS ARE TO BE USED ONLY FOR BOUNCING. WE HAVE PLAYGROUND BALLS FOR KICKING.



MORE BASKETBALL:

Around the World



This is a basketball game you can play with 2 or more people. You can have spots marked on the court to shoot from, or you can make them up as you go. The object of the game is to shoot from different spots in a half circle around the basket. If you miss, you stay at the spot you missed from and it's the next person's turn. The person who makes it around the world first wins.



4-SQUARE

- You need 4 people to play
- Use the stenciled squares on the pavement.
- Each person stands in a square.
- One person starts the game by bouncing it once inside their own square and then hitting it into one of the other squares.
- The receiving player then hits the ball into any other player's square and play continues until:
 - a player hits the ball, or is hit by the ball before it bounces once inside their square.
 - a player does not hit the ball.
 - a player hits the ball out of bounds before it lands in someone's square.
- There is no cherry bombing.

HOPSCOTCH:

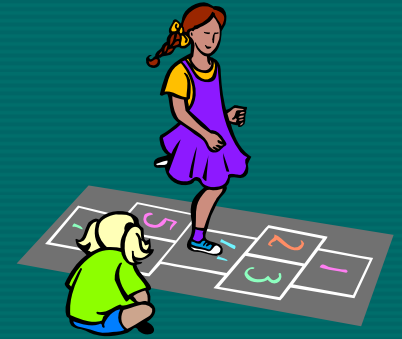
You can play hopscotch alone or with a small group.

Getting Started:

The first player stands behind the starting line to toss their place marker into square number 1. Use only designated marker for tossing. The player hops over the square where their place marker is and hops into square 2, and then continues to hop to the end of the course and hops back to the start line. They pick up their place marker from square 1 on the way back and then it's the next player's turn. Play continues by tossing your place marker into all the squares and completing the course.

Rules:

- If you outside the lines of the course, you lose your turn and have to do that square over again.
- If you place more than one foot in each square, you lose your turn and have to do that square over again.



JUMPING ROPE:

- Jump rope games are to be played on the cement.
- All jump ropes are to be used only for jumping rope and should not leave the blacktop/cement area.

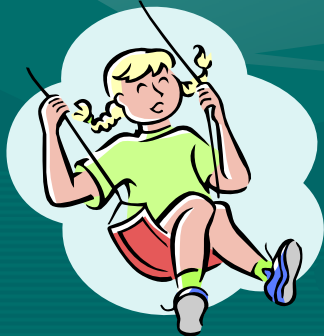


A FEW GENERAL RULES ABOUT THE BLACKTOP...

- Because the blacktop is being shared by so many there should be no kicking, throwing or hitting the ball across the blacktop.
- The use of the brick wall is prohibited for slamming the balls. The classes inside can hear the balls hitting the wall and it is very disruptive.

ROCKS, WOODCHIPS,
AND DIRT STAY ON
THE GROUND.

THIS AREA IS CLOSED
IF THERE IS SNOW OR
ICE ON THE
GROUND.



AREA #2: GUIDELINES FOR LARGE AREA PLAYGROUND EQUIPMENT SAFETY

SWINGS: Have a fun time on the swings with your friends
by:

- Making sure you stay sitting on the swing at all times.
- Keeping your head safe by not leaning back toward the ground.
- Keeping your hands and feet to yourself at all times.
- Standing clear of other people swinging (Do not run in front of or behind swings/no “under-dogs” allowed)
- Not jumping out of the swing
- Not bumping into people on swings
- Not twisting in swings



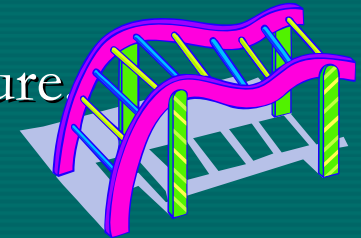


SLIDES: Have a fun time on the slides (either the slide on the play structure or the separate slide) by:

- Only one child may go down the slide at a time and wait until the person in front of you gets off the slide before you go down
- There is no pushing, shoving, or rough play on or at the bottom of any of the slides.
- The slide is one way – down only!
- Use the ladder to get to the top of the slide
- Go down the slide feet first – sitting only.
- No sitting on the roof of the green slide.

PLAYSCAPE: Be safe playing on the playscape.

- Make sure you keep your hands and feet to yourself
- No chasing games on the structure
- Use only your arms to hang on the overhead climber.
- A child may not use the glider if he/she cannot reach the glider with both hands and have his or her feet flat on the platform.
- Make sure only one person uses the glider at a time.
- On the glider, keep your feet under your body...no putting your feet up on the glider.
- Do not jump off the bridge or the top of the structure



BOUNCY TOYS: Be safe playing on the bouncy toys.

- Only bounce from a sitting position
- Only one person is allowed at a time
- Children are not allowed to bounce each other from behind or anywhere else.

MONKEY BARS: Be safe playing on the monkey bars;

- No “chicken fighting” on any of the monkey bars.
- Use both hands to hang on the monkey bars
- Take turns, no pushing
- Your feet should not touch anyone else.

AREA #3: Rules for Kindergarten Play Area

Please play in the following areas:

- Outside of the garden
- Below the hill, not near the city park
- Not past the school building.

Games can be played in the field behind the swings such as:

- Soccer and Catch
- Duck, Duck Goose and Ring around the Rosie

On the Monkey bars, remember:

- Use both hands to hang on the monkey bars
- Take turns, no pushing
- Your feet should not touch anyone else.

On the Slide, remember:

- Use the ladder to get to the top of the slide
- Take turns, go down the slide one at a time and wait until the person in front of you gets off the slide before you go down
- Go down the slide feet first

On the Swings, remember:

- One person at a time on a swing. Sit down on the swings at all times
- Keep your head safe by not leaning back toward the ground. Don't twist on the swing
- Don't go too high
- under-dogs are not allowed.

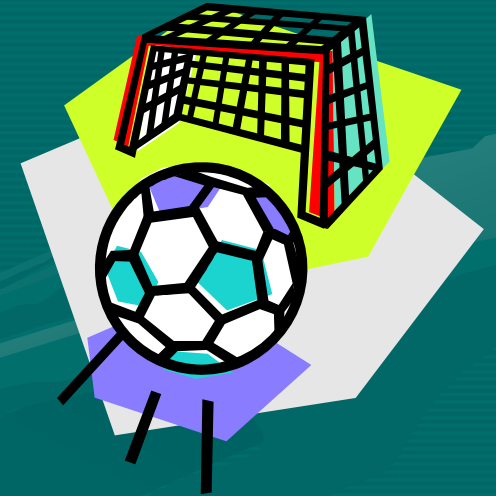
ROCKS,
WOODCHIPS, AND
DIRT STAY ON THE
GROUND.

THIS AREA IS
CLOSED IF THERE IS
SNOW OR ICE ON
THE GROUND.



AREA #4: Field Activities

- Football (Field A)
- The Run Around Field (Field B)
- Kickball (Field C)
- Soccer (Field D)
- The 440 Track (Field E)



AREA #4: *General Field Safety*

- **All students stay on school grounds at all times**
- **Students are not allowed to play in or near the woods.**
- **If a ball or piece of equipment goes out of the boundary of school property, it is to remain there until an adult staff member retrieves it.**

FIELD A: FOOTBALL



TWO HAND TOUCH FOOTBALL

(3rd – 5th graders only)

1. A ball carrier will be considered "downed" when clearly touched by a defender with two hands, simultaneously, anywhere below the neck. Defenders may not take out a ball carrier's legs to "down" him. Also, if a *ball carrier* falls to the ground (one knee touches at minimum) without being touched, a defender *need only* touch him with *one* hand to "down" him. *If a ball, in possession of a player, touches the ground, the play is dead at that spot.*

2. After the snap there will be a slow 10 Mississippi count, after the count, defense player(s) can rush the quarterback.

3. The offense can keep a player, or players, in the backfield to block the quarterback from the rush. These players may only block behind the line of scrimmage. However, everyone is eligible.

4. All blocking must be done with open hands and with arms away from the body. Additionally, the blocks must be between the shoulders and the waist. There will be no chop blocks or blocks to the head. You cannot leave your feet to block. You cannot push someone over; the point of this type of blocking is to just get in someone's way. Anyone lowering their shoulder, using their forearms, leaving their feet or blocking with their hands close to the body (as opposed to outstretched arms) will receive a major penalty and could be ejected.

5. There will be one blitz allowed per 4 downs. Once again, any offensive player behind the line of scrimmage can block the blitzer. Defensive players cannot tag the quarterback on the top of shoulders, neck or head area. This will result in a turn over (the ball will go to the other team). On a snap that hits the ground, touched or untouched by the QB, the status of the blitz will be determined by the location of the defensive player(s) at the time the ball hits the ground. The ball is dead at the spot.

5a. If the quarterback FAKES a pitch, lateral or handoff and keeps the ball, the defense must wait until the ten Mississippi before rushing or be charged with a blitz.

5b. If a player blitzes and then the ball is lateraled or handed off it is considered a blitz as long as the blitzer *crossed the Line of Scrimmage (LOS) before the lateral* or handoff.

5c. If the ball is lateraled or handed off, the defense can rush immediately.

6. There will be no contact (besides 2 hand contact on the ball carrier) by the defensive team.

7. First down is 10 large paces from the line of scrimmage. Each down follows this pattern

If you decide to join when the game has already started, you must bring a friend, so there can be even teams. When the whistle blows, the team that has the ball has one play left. Captains and teams are chosen by noon supervisor. Being a good sport and showing good sportsmanship is the best way to play!



FIELD B: THE "RUN AROUND" FIELD

- Red light, green light
- What time is it, Mr. Fox?
- Running races
 - no tripping
 - no slide tackling
- Playing catch
 - tennis balls or school-approved balls only

FIELD C: KICKBALL



For 1st grade thru 3rd grade, before each game, we go over what good sportsmanship looks like. Noon supervisor will pick teams and captains. There is no fouling out for 1st-3rd graders. Each player will continue to kick until they kick the ball in bounds. Bunting is allowed however there is a bunt line that the ball does have to go past in order for it to be a good bunt. After each game they will do a **good sportsmanship meeting** (basically each child will get a chance to say something positive about another player or themselves). This way everyone leaves the field feeling good about themselves and their team.

Kickers

Line up along the fence in kicking order (will be determined). There should be only one kicker near home base at a time. The only other person allowed close to kicking area is the catcher from the other team.

Outfielders

No outfielders should be in front of pitchers mound. Only shortstops (1 to the left of pitcher, 1 to the right of pitcher) are allowed to be close to the pitchers mound.

Once a team gets 3 outs, the teams switch sides. The kicker's are now in the outfield and the outfield now become kickers. A team gets one point for having a runner touch every base, and making it safely back to home base.

The game is over when the whistle blows, or is called by a Noon Supervisor.

When a ball is caught the runners on bases have to stay on the same base they were at prior to the ball being caught

A player is out when:

1. The ball is caught in the air.
2. Running to another base when the ball is caught
3. They are tagged with the ball between bases.
4. The ball reaches the base before the runner.

THE KICKER IS NOT OUT IF HE/SHE REACHES THE BASE AT THE SAME TIME AS AN OUTFIELDER. A TIE WILL ALWAYS GO TO THE RUNNER.

There are 3 outs per inning

If the base player misses the ball the runner can take one more base ("one base on an overthrow" rule).

If both the base player and runner reach the base at the same time the runner gets the base.

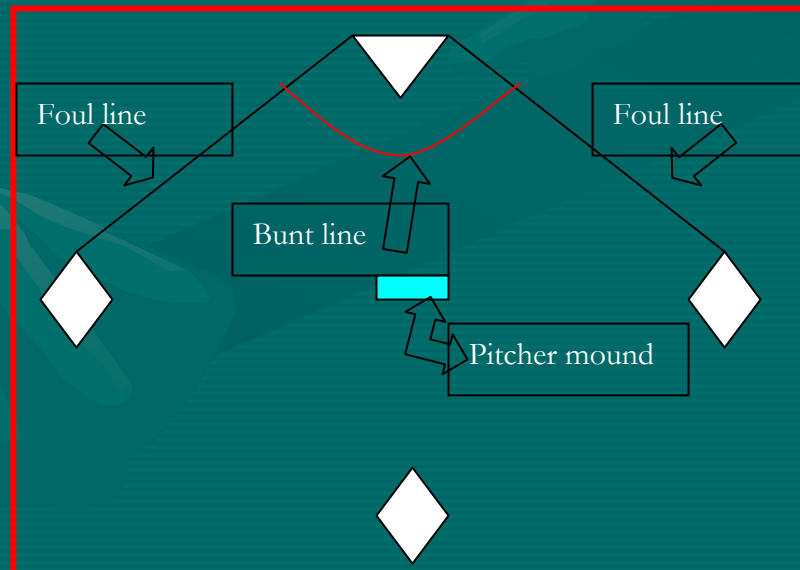
To achieve a homerun, the ball must hit the grassy area of the field inbounds. In this case only can all players on base go to home base safely.

A bunt line should be placed between 5 and 10 steps from home base. Foul lines are the lines that run from home base to first and third base. A foul ball is;

1. When the ball hits the ground on the outside of the foul line.
2. When the ball is not kicked past the bunt line.
3. When kicker misses the ball when he/she goes to kick.

Lower “el” does not foul out (1st grade – 3rd grades)

Upper “el” each kicker gets 4 fouls per kick. 4 fouls = 1 out



FIELD D: SOCCER

For lower “el” (1st grade thru 3rd grade) before each game we go over what good sportsmanship looks like. Noon supervisor will pick teams and captains. After each game students will do a good sportsmanship meeting (basically each child will get a chance to say something positive about another player or themselves). This way everyone leaves the field feeling good about themselves and their team.



Behind the furthest soccer net there is a hill, when the ball is kicked over that hill only one player goes to retrieve the ball; the other players form a line from the top of the hill. This way the person that went to retrieve ball is always being watched and if they get hurt the players forming the line can let the noon supervisors know immediately. The chain is not broken until the player retrieving the ball is back in sight by all players.

FIELD D: SOCCER



NOTE: Most fouls in soccer are judged against intent. If there is no intent, the referee can choose to ignore the infraction.

Fouls and Misconduct -- When a player's intent is (or he actually commits) the following: kicks, trips, jumps at, charges violently, charges from behind, strikes, holds, pushes, slide tackles an opponent or intentionally handles the ball, his team shall be penalized by a direct free kick. The player will be given a consequence which will include removal from the game.

Free Kicks -- There are two kinds of free kicks. A *direct* free kick allows that a goal can be scored without any player touching the ball. An *indirect* free kick mandates that a player, from either team excluding the kicker, must touch the ball before it enters the goal. During all free kicks the opposing team must be at least 10 yards from the ball, on a full-size field. This can be redefined for smaller fields.

Penalty Kick -- A direct free kick is taken when a flagrant foul is committed inside the goal area. All players except the goalkeeper and the offensive kicker must be outside the goal area when the ball is played. The goalkeeper may not leave his goal line until the ball is played.

Throw-in -- When the ball has crossed either touchline, the ball will be put back in play by the team opposite the team who played it out. A goal cannot be scored directly from a throw-in.

Goal Kick-- Is taken when the ball is played by the offensive team wholly across the goal line. It is put back in play by the defending team, by a free kick in the goal area.

Corner Kick -- Is taken when the ball is played, by the defensive team, wholly across the goal line. It is put back in play by the offensive team, by a free kick from the corner kick area.

FIELD E: THE 440 TRACK

General rules to follow:

- We all stay on the track.
- We all remain on school grounds.
- We do not go on the hill behind the soccer net, in neighbor's backyards or into the woods.



- Power walking
- Jogging
- Participation in the Longacre Mileage Club

Recess Consequences

Warning

Removal from activity with redirection options

Sitting out for part of recess

Sitting out the remainder of recess

Receive a write-up

Family notification

Writing a behavior reflection

Spending the next day (s) recess in the office

Doing community service for our school

In-school Suspension

Out of school suspension

Student Recess Agreement

I agree to follow the Longacre rules at recess at all times.

- I will practice respect at recess by...
- I will act responsibly at recess by...
- I will work together with others at recess by...
- I know that safety matters at recess, and I will...

**Take
care of
yourself.**

**Take
care of
each
other.**

**Put yourself in
the spotlight!!!**

**Take
care of
our
school.**

