

Lunch and Recess Guidelines

Are we having indoor or outdoor recess today?:

Students are to come to school prepared to go outside for recess every day single day, regardless of the weather. This means they should be dressed appropriately for cold/warm weather. Students should be dressed warmly in layers with ears, fingers, legs and toes covered during the winter months. Input for the decision to stay inside for recess comes from the administration, school nurse, and support staff based on the following conditions. The decision to have indoor vs. outdoor recess is subject to change during the day based on the change in weather conditions.

Indoor Recess If:

- Temperatures with wind chill are below 28°F
- Rain, freezing rain, snow, sleet, hail, extreme wind speeds
- Ice build up, Snow build up

Outdoor Recess:

- Grades 3-6 will be assigned to one half of the entire recess area (Center A or B) during their recess time. The center that they are assigned to rotates every day. Grades K-2 will be assigned to a specific area that they will be on with their assigned recess aide. There are six designated areas that make up the entire recess area outside. A class rotates between the six areas following the six cycle day schedule. As the year progresses, grades 1 and 2 may be assigned to centers based on the behavior exhibited during recess and lunch time as a grade.
- Respectful behavior/language must be used at all times.
- No rough play is permitted (tripping, pushing, pretend fighting, etc.)
- Students must keep their hands and feet to themselves.
- Contact sports are not permitted.
- Gymnastic/acrobatic skills, that normally require a spotter for safety, should not be attempted.
- Use all equipment the way it is intended to be used. No jumping off of playground structures.
- Recess activities/sports may only be played in designated areas.
- Games will be open to all who want to participate.
- Students are to remain positive and follow the rules of any game or activity they are participating in
- No one is permitted to throw sand, dirt, leaves etc. at any time.
- Students must remain in play area at all times.
- Football is only allowed to be played with gym teachers.
- If a student removes their jacket while outside, it is to be placed near the area they line up at.
- If a student needs to go inside to go to the nurse, they need to tell a recess aide.
- At the end of recess, students are to line up at the sound of the whistle.
- Students are to pick up all play equipment at the end of each recess and return to the rack.
- No child should be allowed back on the playground unsupervised to “find” a coat or lunch box that was left outside once they have entered the building with their aide. These items will eventually find their way to the lost and found – a child may not. Lunch/Recess Aides may communicate with each other via walkie talkie to find lost items and have them brought inside.
- Students are to remain quiet in the hallways. Especially while waiting to go into the lunchroom.

Recess/Playground Guidelines – Outdoor Recess

Purpose: These Recess/Playground Guidelines have been prepared by our Physical Education teacher; our school nurse; and the administration in order to provide a clear understanding for students and staff to ensure the safety of our students when on the playground. These guidelines clarify the activities which are available, the rules and the locations for each.

AREAS DESIGNATED FOR ACTIVITIES – Outdoor Recess

| Area | Sport/Activity | Guidelines |
|---|--------------------|--|
| Black Top | Basketball | ½ court only 10 players max. |
| | Jumping Rope | Jump ropes are used for jumping only |
| | Hop-Scotch | |
| | Four square | |
| Field/Grass Students must stay out of any wet grass, mud, an snow | Kickball | On designated field No sliding into bases No throwing ball above waist of runner No throwing ball with excessive force |
| | Whiffle Ball | On designated field Normal baseball rules No fast pitch No sliding into bases |
| | Vortex Nerf Ball | Throw and catch only No throwing at fellow students (pegging) |
| | Dodgeball | Play in designated area only Played only with balls provided for this game Players must attempt to stay erect (No diving to avoid the ball) No rough play |
| Playground No flip flops, sandals or boots on equipment – sneakers only | Swings | No twisting, twirling or spinning No jumping from swing No lateral movement of swing Sitting position only Only one student per swing at a time |
| | Slides | One student at a time Slide down feet first, sitting only No climbing up slide No jumping from slide |
| | Climbing Apparatus | No jumping from unsafe height No pushing or grabbing |
| | Hanging Apparatus | One student at a time No grabbing/pushing student who is on apparatus Hanging only – no climbing No hanging upside down |

Indoor Recess:

- Students are not permitted to use the internet during indoor recess. If they need to work on a project that does not involve the internet, they may use the computer.
- Games will be open to all who want to participate.
- Respectful behavior/language must be used at all times.
- No rough play is permitted (tripping, pushing, pretend fighting, etc.)
- Students must use indoor voices. No yelling.
- All normal classroom rules apply (no running, no standing/climbing on furniture, etc.)
- No more than two students are permitted to leave the classroom for the restroom at once.
- All games, books, toys, etc. should be cleaned up and put away at the end of indoor recess. The classroom should be left in the condition recess started in.
- Students must line up and remain quiet while in the hallways.

Cafeteria:

- During the transition between lunches, students are expected to remain quiet in the hallways and not enter the cafeteria until they are given permission.
- Peanut Free Table: There is a peanut free table for students with peanut allergies. They are permitted to bring a guest with them to this table as long as they are consuming a peanut free lunch.
- Students are to remain seated with their legs under the table
- Indoor voices are to be used. No yelling.
- Students must ask for permission and use the sign out sheet to use the restroom.
- Students are not allowed to share or trade their food with other students due to allergies.
- Students are responsible to throw away all trash and clean up their area before they leave the cafeteria (on top of the table and on the floor under their table where they are sitting).
- At the end of lunch, students will line up quietly when their class is called, and exit the cafeteria with their teacher.

Buying lunch or snack

- All students are guaranteed a lunch even if they do not have money in their account; their account will be charged. Every student must eat a lunch.
- If a student does not have money in their account, they cannot purchase snack or an extra entrée.
- Students must wait quietly and keep their hands to themselves while in line. Students who are disrespectful and/or do not exhibit appropriate behavior in the snack line may be removed from the line.
- Students will be called by table to enter the line for snack once the kitchen staff signals they are ready. The order that tables are called will vary but usually depends on the behavior of the tables.