

Middle School Recess

Recess periods are shorter in middle school and it takes some adjustment for students to successfully use that time. Here are some tips to get the most out of recess:

- Stay within the boundaries: the lower field, the stairs, the pad and sidewalk areas outside the recess doors from by the gate and dumpsters to the corner, then in front of the pumphouse and on the monkey bars and wall ball areas.
- Please stay off the hillside (it is steep and rocky), including the concreted stones below the corner of the gym, and refrain from going around the corner of the gym, behind the outbuildings, or sliding on the stair railing.
- Students are welcome to bring their own sports equipment for recess. If students wish to bring lacrosse sticks, they must use a tennis ball with them as a safety precaution. Please note that students may not play full-contact or tackle games at recess.
- Dress for the weather! We go outside as long as it is above 20 degrees and it is not raining or snowing. It's all right to bring a coat and/or boots to lunch.

