

## PTA Survey Shows That Parents and Teachers Agree Recess is Essential Part of the School Day

A new survey recently conducted by the PTA showed that nine out of 10 teachers say recess and the free time spent with peers is an important part of the school day and is crucial to a child's social and emotional development.

Other key findings from the survey include:

- 99 percent of parents and teachers think recess is important for elementary school students
- Three out of four agree that recess should be mandatory
- More than half of PTA leaders think kids are less disruptive in class if they have recess
- More than 75 percent disagree that all school time should be spent on academics
- Two-thirds think kids need unstructured play during the day
- Three-fourths say taking a break in the day helps kids concentrate
- More than half of PTA leaders think their daily recess is at risk
- 73 percent say it is because of the need to focus on academics; 30 percent say it due to lack of supervisory staff
- Only 9 percent are confident that recess will not be reduced in their school