

What you can do to Bring Back Recess?

What you can do

At school: Bowing to pressure from parent and civic groups, the nation's largest beverage companies agreed last May to stop selling regular soft drinks in all public schools by 2010. What does that mean? When parents band together, they have the power to make changes. It can start with the simple step of asking your school's PTA to lobby for healthier lunches and more physical activity for kids. In fact, the National PTA and Cartoon Network now have a "Rescuing Recess" campaign that has awarded grants to individual PTAs trying to reinstate recess as part of the regular school week. (For more information, visit [Rescue Recess](#).)

1. Talk with other parents.
2. Join the PTA.
3. Talk with Teachers, School Nurses, and PE Teachers.
4. Talk with the Principal.
5. Go to School Board Meetings.
6. Become a School Board Member.
7. Write to your Congressman.
8. Become a member of Congress.
9. Organize a Protest.
10. Start a petition.
11. Put your child in a school that has recess and let the media know why you did.
12. Home school

Write more ideas below and I will add them here. Please let us know of any success stories as well.

Mothering Magazine: "Bring Back Recess!"

If there's one thing children know how to do, it's play. Unfortunately, unstructured free time-especially at school-is fast becoming a thing of the past. In "Give Me that Old-Time Recess," Christine Gross-Loh discusses why schoolyard fun is essential for kids' cognitive and social development.

Only three states require elementary schools to even hold recess, according to a 2000 study by the Centers for Disease Control and Prevention. Free outdoor play has taken a back seat to rigorous academics. According to Audrey Skrupskelis, president of the American Association for the Child's Right to Play, "Recess is seen as an extra that students earn as a reward, rather than as a necessity-a time to unwind, relax, and get the energy out. But students who do not get a break are much more fidgety in the classroom and are deprived of interacting with different peers and watching and learning from other children. Eliminating recess is counter-productive."

In a growing number of studies, diminished opportunities for outdoor playtime have been linked to psychological and physical difficulties, such as increased childhood anxiety, disconnection from nature, attention deficit disorder, and the epidemic of childhood obesity. Indeed, without breaks during school, learning is impeded. Whereas a 15-minute break can lead to 20 minutes more of productive instructional time.

For this and other inspiring articles for parents, ask for Mothering magazine's March-April 2007 issue at your local bookstore, newsstand, or natural food store. Check out www.mothering.com.

Mothering is a bimonthly magazine that reports on natural family living. Articles cover pregnancy, natural childbirth, breastfeeding, education alternatives, and family health issues. Mothering's editors can serve as trusted resources and spokespeople for any stories involving birth and families.

Mothering Magazine

The Magazine of Natural Family Living

Mothering Magazine

I read a copy of this magazine when my oldest daughter was a baby. I have been inspired by reading for the past 20 years. The ideas are sensible, heartwarming and always bring out the best in me as a mother.

Mother Magazine

Seeking practical advice about natural family living? Peruse the articles about natural family living topics in Mothering magazine's most current issue. Each issue of Mothering contains philosophical inspiration and practical advice about natural family living. Topics are as diverse as breastfeeding, circumcision, vaccinations, organic foods, childhood illnesses, home birth, ear infections, parenting teens, midwifery, and homeopathy.