

The Value of Recess Webinar





Presenter





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Webinar Basics

- * Blue box on side is chat box or use question box.
- * We will have a Q&A later on in the webinar
- * Fill out Survey at the end when you sign off to receive webinar slides.
- * Check the Recess Blog for additional answers: <http://blog.peacefulplaygrounds.com/>

Take a Poll


- * Raise your hand if you had recess when you were in school?
- * Have children changed?
- * Are they healthier today? Are they more active?
- * Should we eliminate recess?



National Statistics on Recess

Approximately 50% of children are getting recess

- No Child Left Behind (emphasis on academics)
- Liability Increasing (Not supported by legal data)
- Supervision

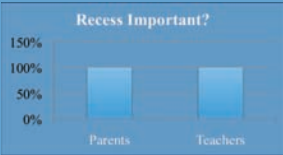


Category	Percentage
No Recess	50%
Recess	50%






Recess...Is Important for our Kids

99 percent of PTA parents and teachers say that recess is important for elementary school children






Group	Percentage
Parents	99%
Teachers	99%

Is Recess Important?





- * Three-fourths disagree that all school time should be spent on academics
- * 90 percent disagree that recess is a waste of time
- * Three out of four agree that recess should be mandatory!

Do Kids Need Recess?

Daily recess provides many benefits for children including enhanced: aerobic endurance, muscle strength, motor coordination, attentiveness.





According to Clements and Jarrett (2000) children's bodies experience heightened physical growth between the ages of 4 and 12, and vigorous physical activity during recess stimulates the development of the heart, lungs, and other vital organs.

Do Kids Need Recess?

The CDC (1997), reports that regular physical activity is associated with higher levels of self-esteem and lower levels of anxiety in adolescence.





In addition, Rivkin (2001) found that most children who play outside on a regular basis are healthier, and physically active children are more likely to become physically active adults (AHA, 1999).

Do Kids Need Recess?





The recent research on brain growth and development stresses the importance of active, physical, and cognitively stimulating play for all children (Zwillich 2001).

Research by Brink (1995) suggests that capacity to master new information and recall past information is enhanced by biological and chemical changes in the brain caused by exercise.

Do Kids Need Recess?

Rossi and Nimmons (1991) point out that twenty minute mental breaks throughout the day enhanced productivity. The brain performs poorly when attempting constant intense attention, and is capable of ten minutes or less of continuous focus on external stimuli.

Do Kids Need Recess?

Play contains all developmental tendencies...and is itself a major source of development. Children are at their highest level of development when they are at play. Vygotsky (1978)

Researchers have discovered that play is related to greater creativity and imagination and even to higher reading levels and IQ scores. Based on the research evidence, a new equation is in order: **PLAY = LEARNING.** Hirsch-Pasek & Golinkoff (2003)






ADHD

Lack of Sufficient Play may be a Cause of the Impulse Control problem we label ADHD.

(Hara Marona-NRPA National Congress 2008)

BOYS... TOO MUCH TV CAUSES ATTENTION PROBLEMS!

WHAT WAS THAT ALL ABOUT?

I DON'T REMEMBER.

D'OH!

STAHLER

Prescription for ADHD

Rough and tumble play may be the very specific solution for the puzzle of the sudden explosion in diagnosis of ADHD.

The Risk of Recess Elimination

Many school districts across the country are reducing or eliminating time devoted to recess due in part to increasing school and teacher accountability for student performance on state mandated standardized tests and the belief that time is more wisely spent on academics.

More recently, since 1990, 40 percent of the nation's 16,000 school districts have either modified, deleted, or are considering deleting recess from the daily elementary school schedule due to increased pressure from numerous sources to improve achievement. (American Association for the Child's Right to Play, 2000)

The Risk of Recess Elimination

According to Skrupskelis (2000) the phenomenon of reducing time for recess has no credible research to back it up, and is actually counterproductive to increasing the academic achievement of students.

The Value of Recess

Recess and Free-play affects the personality, character, and abilities of every child, and therefore greatly influences the type of adults they become (This may be the only setting in a child's daily life for some children to practice their social skills with their peers)

Organizations Supporting Recess

POSITION STATEMENTS SUPPORTING RECESS

- National PTA
- National Association for Physical Education and Sport
- National Association of Early Childhood Specialists in State Departments of Education


Organizations Supporting Recess

- POSITION STATEMENTS SUPPORTING RECESS
-  - National Association for Education of Young Children
-  - National Elementary School Principals Association
-  - American Association for A Child's Right to Play



How You Can Support the Value of Recess

- * Talk to PTA Board Members & Principal
- * Write letter to school board
- * Write letter to local newspaper editor
- * Attend upcoming events in Support of Recess
- * Talk to your neighbors & Legislators




Right to Recess Campaign

- * Download the Right to Recess Toolkit
- * www.peacefulplaygrounds.com/right-to-recess.htm
- * Peaceful Playgrounds, Inc offers materials online to start your own Right to Recess Campaign. It includes a webinar, speaker's guide, tips to get you started, and tons of resources about the value of recess and play




Peaceful Playgrounds Featured Articles



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Recess Before Lunch
By Dr. Melinda Wasserman, Ed.D.
As you may know I'm a retired principal but I'd be the first to agree that changing the education system is a tall order. It might come up in a small format. Possible but not probable and it requires lots of understanding.
However a few brave principals across the nation are doing just that and bringing a long standing school tradition to an end. They are scheduling recess before lunch.
And in doing so they are getting some amazing results. Kids eat more, make less food, return to class calmer, behave better and as a result, individual time is increased.
You might be wondering, "Is recess what it used to be?" Recess is it when kids go to recess first and eat lunch last.
Benefits of Recess Before Lunch Programs



PP Resources


Listen to this Podcast program - Recess Before Lunch Schedule

Recess Before Lunch Program - Additional Resources

For additional resources on Recess before Lunch programs visit [Recess Before Lunch: A Guide to Success](#) at the Montana Team Nutrition Network. [Recess Before Lunch: A Guide to Success](#), at the Montana Team Nutrition Network. [Recess Before Lunch: A Guide to Success](#), at the Montana Team Nutrition Network. [Recess Before Lunch: A Guide to Success](#), at the Montana Team Nutrition Network.

Be sure to leave a comment with your thoughts and success stories on the Recess before Lunch Program at the [Recess Doctor Blog](#).

- [Recess Before Lunch](#)
Action for Healthy Kids Colorado, Western Dairy Council, 2005
- [Relationships of Meal and Recess Schedules in Private Waste Sludge](#)
- [Benefits to Recess Placement Prior to Lunch in Elementary Schools](#)
Publication for Child Nutrition Professionals from the National Food Service Management Institute, Summer 2006.
- [Scheduling Recess Before Lunch Proves Joint](#)
National Dairy Council, Sept/Oct. 2004
- [Benefits of Recess Before Lunch Fact Sheet](#)
Child and Adult Nutrition Services, SD Department of Education
- [Recess Before Lunch: It Does Make a Difference](#)
Recess, Naca, School Nutrition Association Conference Presentation 2006

Do you have some thoughts, questions or solutions to share. Post them to our comments section of the Recess Blog and watch them appear.

Thank You!

