

A photograph of several children in a classroom, seen from behind, with their arms raised high in the air. The children are wearing colorful clothing, including a red shirt and an orange shirt. The background is a dark, textured wall.

Reading, Writing, Arithmetic...and Recess

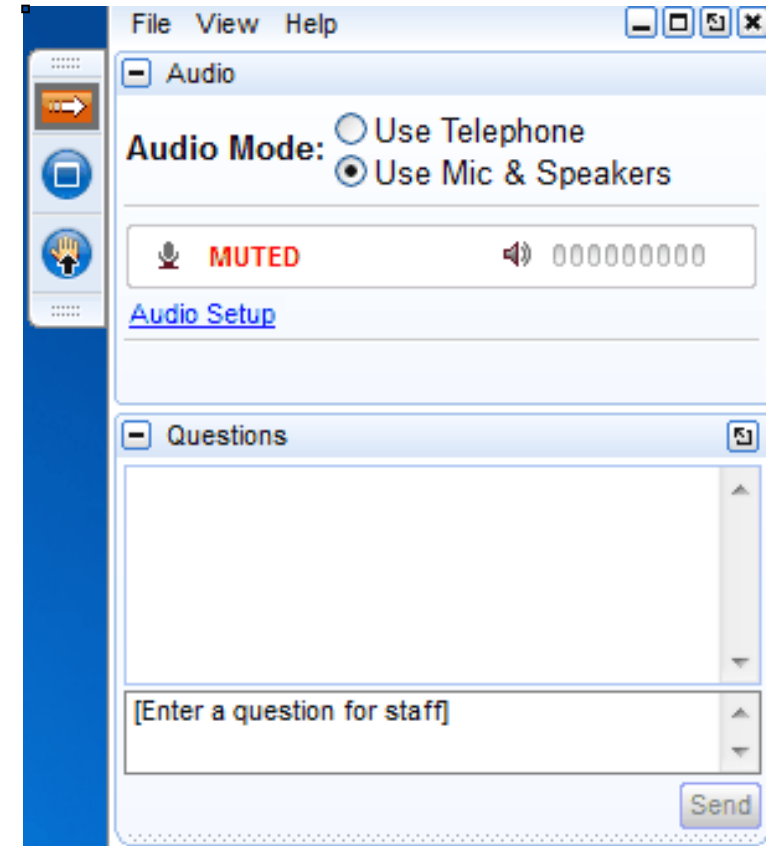
April 19, 2018

Parents  for
Healthy Kids

Action for Healthy Kids • National PTA
Sponsored by ALDI

Logistics

- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call



Today's Presenters



Michelle Smith

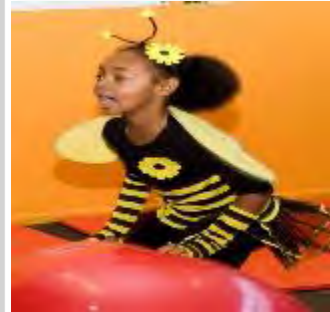
Austin ISD School Health Advisory Committee
TX State Coordinator, Action for Healthy Kids



Christie Bruner

Co-Founder
Pinellas Parents for Healthy Schools

Who Are We?



AFHK's vision is a world in which every kid is healthy, active and ready to learn.

Who Are We?



Action for Healthy Kids works to mobilize school professionals, families and communities to take actions that lead to healthy eating, physical activity and healthier schools where kids thrive.

Why Schools?

55 MILLION SCHOOL KIDS

Each one of us can help improve the eating and activity habits of the 55 MILLION school kids in this country and, in the process, improve their health so they can succeed in the classroom.

GOOD FOOD + ACTIVE BODIES = KIDS EQUIPPED FOR SUCCESS!
Kids who attend "healthy" schools have fewer absences, higher academic achievement and self-esteem and are more likely to graduate from high school.

PHYSICAL ACTIVITY SUPPORTS ACHIEVEMENT
Even moderate exercise, like walking, increases brain activity.

KIDS WHO EAT WELL LEARN BETTER
Students who eat a school breakfast have been shown, on average, to attend 1.5 more days of school per year and score 17.6% higher on standardized math tests.

HEALTHIER PRACTICES CAN INCREASE SCHOOLS' BOTTOM LINES
Schools can get a financial boost by offering more nutritious meals & snacks. Students will buy and eat healthier foods and beverages.

EVERY KID HEALTHY

Visit ActionforHealthyKids.org, where you can read *The Learning Connection: What You Need to Know to Ensure Your Kids Are Healthy and Ready to Learn* and in under 1 minute, you can take the Every Kid Healthy Pledge. You'll have access to our free programs, volunteer opportunities and school grants.

Healthy Kids Learn Better

Good Food + Active Bodies = Kids Equipped for Success



Parents ^{for} Healthy Kids

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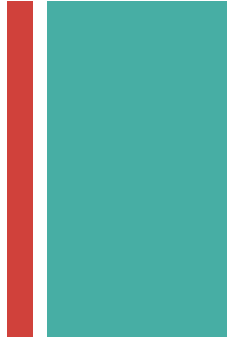
Austin School Health Advisory Council

Recess Review and Recommendations

[Study Break: School Sees Positive Difference Giving Kids More Recess \(NBC\)](#)



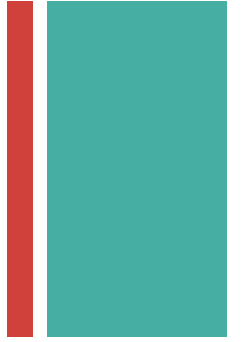
What is the Law?



- Senate Bill 530 (80th Session-Texas Legislature 2007) required the following:

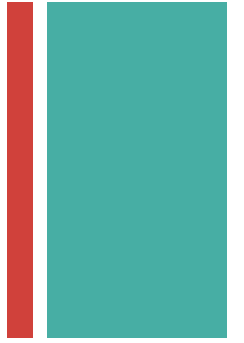
“The local **school health advisory council shall consider and make policy recommendations** to the district concerning the importance of daily recess for elementary school students. The council must consider research regarding unstructured and undirected play, academic and social development, and the health benefits of daily recess in making the recommendations. The council shall ensure that local community values are reflected in any policy recommendation made to the district under this subsection.”

+ Why Recess?



- Children's participation in regular physical activity (PA) is a **key factor for the prevention of obesity** (Institute of Medicine, 2005)
- Physical activity is **associated with a range of other health benefits**, including improved cardiovascular and musculoskeletal health, better mental health and emotional well-being outcomes, and prevention of hypertension and type 2 diabetes. (Institute of Medicine, 2005)
- There is substantial evidence that children's participation in PA can **help improve academic achievement, including grades and standardized test scores.** (CDC, 2010)

+ Why Recess?



■ Physical Activity

Recess provides an important opportunity for physical activity!

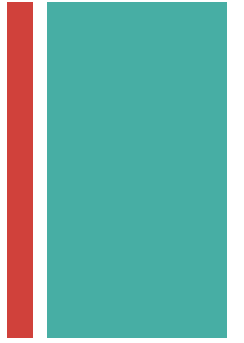
- Physical activity assessment of 3rd grade students in 8 AISD elementary schools serving economically disadvantaged students: Students spent 66% of their **recess period in moderate or vigorous physical activity** (Springer et al., 2013).

■ Classroom Behavior & Academic Achievement

Elementary school children who have more minutes of recess time have been found to have:

- **Better attention, concentration, and classroom behavior**, including time-on-task behavior.
- **Enhanced cognitive skills, attitudes and academic behavior** (CDC, 2010: review of 8 studies).

+ Why Recess?



■ Healthy Weight Promotion

Findings from the Early Childhood Longitudinal Study – Kindergarten Cohort (1998-2004; from K to 5th grade):

- Children in schools that met daily recess recommendations (NASPE) had **decrease in Body Mass Index** (Fernandes & Sturm, 2011)
- Children who engaged in greater minutes of recess time had **decreases in the rate of BMI growth** over time. (Miller, 2011)

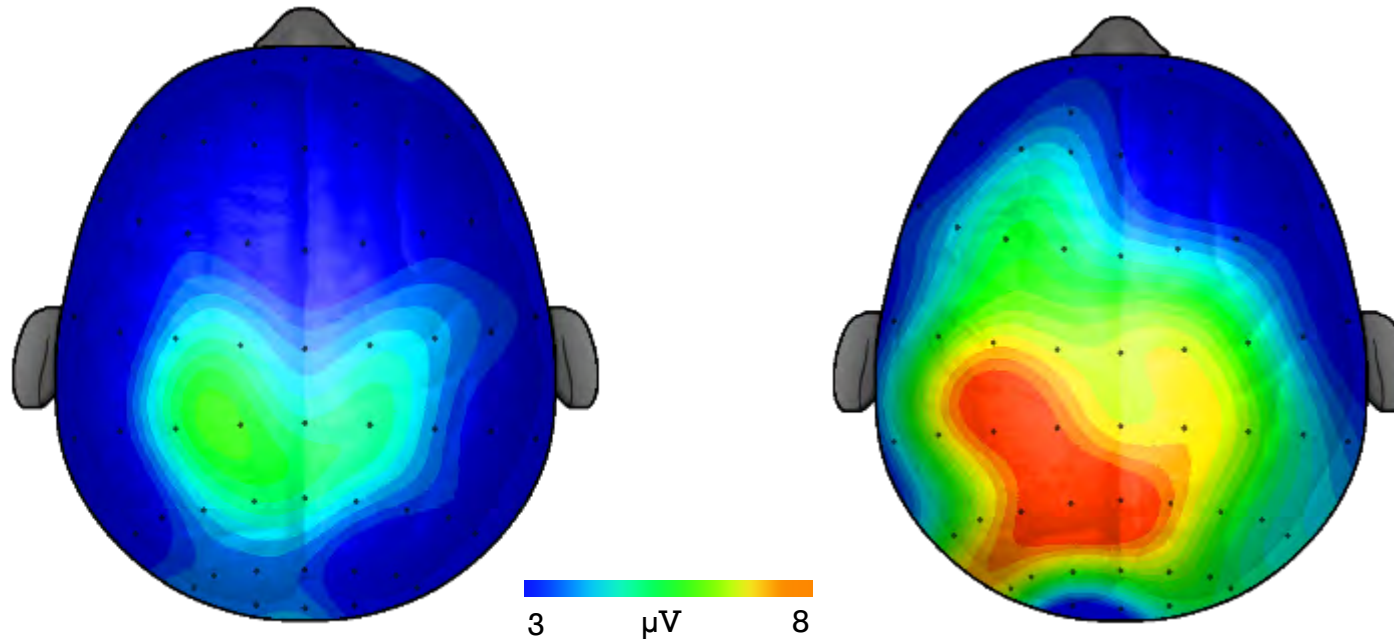
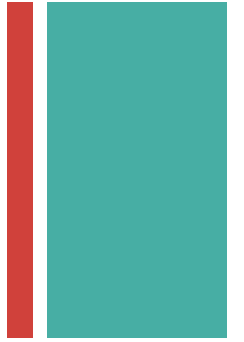
■ Healthy Social Development

In addition to the physical activity benefits of recess time, both structured and unstructured play have been shown to provide a range of **physical, social, emotional, problem-solving, and other cognitive benefits for children** (AAP, 2007).

- **Increased physical activity time** during the school day **does not adversely affect student academic achievement** (Dwyer et al., 1983; Shephard, 1996; Sallis et al., 1999; Katz et al., 2010).



Composite Attention Allocation of 20 student's taking the same test.

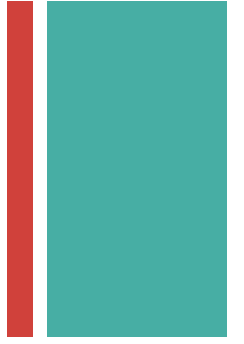


After 20 minutes of
Sitting Quietly

After a 20 minutes of
Walking

(Hillman et al., 2009)

+ Why Recess?



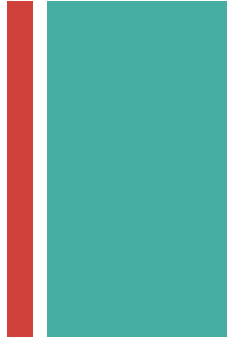
- **Healthy Kids are In School More!**
- Obese and overweight kids miss school 2 to 4 times as much as healthy weight kids – due to illness and social concerns, like bullying. **If kids aren't in school, they can't learn.**
- There are 86,000 students in AISD, 30% are overweight or obese.
- Student absence in AISD costs \$45 per day.
- Obese children miss an average of 12 days of school per year, two more days than normal weight students.
- And, that means 12 days per year they are not in class, learning.
- And, that adds up to more than **\$2 million** dollars per school year in lost revenue just for those extra two days.

+ National Recommendations



- National Association for Sport and Physical Education (NASPE) (2006) and physical activity experts (Pate et al., 2006) recommend that children should receive at least 20 minutes of daily recess time each day.
- National Association of Early Childhood Specialists in State Departments of Education asserts that recess is an essential component of education and that preschool and elementary school children must have the opportunity to participate in regular periods of active, free play with peers.
- American Academy of Pediatrics published a policy statement in Jan 2013 called “The Crucial Role of Recess in School.” They reaffirmed this policy statement in Nov 2016

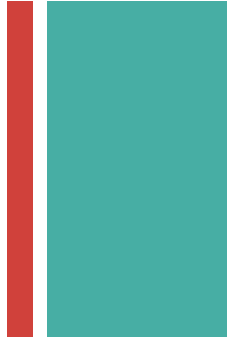
+ Houston ISD Recess Policy



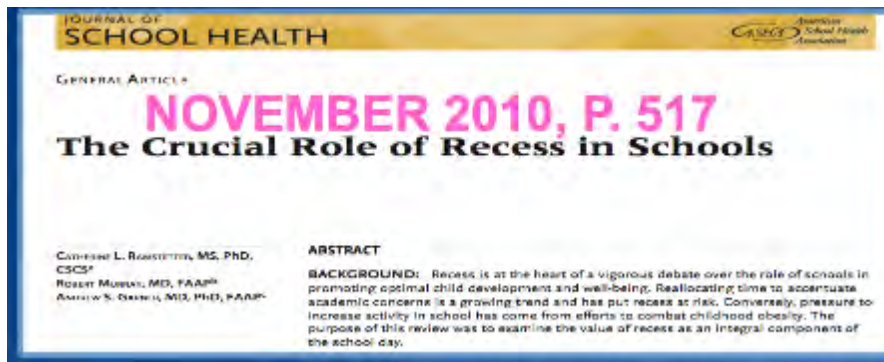
DAILY RECESS

Recess, while separate and distinct from physical education, is an essential component of the total educational experience for elementary aged children. Therefore, for all students in an elementary school setting in grades PK-6, the recommended time allotment for recess shall be 30 minutes per day. [See the Elementary School Guidelines]

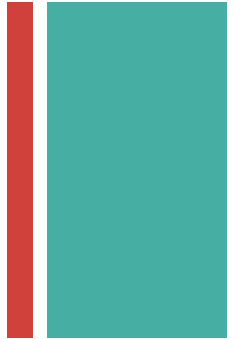
+ Dallas ISD New Policy January 2016



- **EEC (LOCAL) INSTRUCTIONAL ARRANGEMENTS – SCHEDULING FOR INSTRUCTION**
- Revisions were made to this policy to encourage healthy student-to-student interactions by requiring all elementary campuses to offer recess a minimum of thirty minutes each day for all students grades PK-5 beginning with the 2016-2017 school year. For the remainder of the 2015-2016 school year, the Superintendent of Schools shall ensure that all elementary campuses offer recess a minimum of twenty minutes each day for all students in grades PK-5.
- **EHAA (LOCAL) BASIC INSTRUCTIONAL PROGRAM – REQUIRED INSTRUCTION (ALL LEVELS)**
- Revisions were made to begin a systemic shift in the support provided to teachers to ensure that, in addition to academic content, non-cognitive “social-emotional” skills are nurtured in our students. Effectively, this is meant to formalize the teaching of the “whole child.”



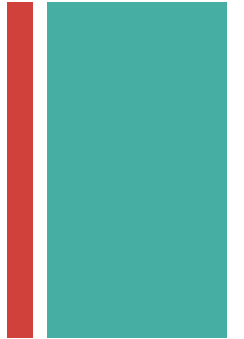
Conclusions:



- Necessary break from rigors of academic challenges.
- Is complement to, not a replacement for, PE.
- Both promote activity & a healthy lifestyle
- But recess—**particularly unstructured recess and free play**—provides unique contribution to creative, social and emotional development
- For health and well-being, **recess time should be considered a child's personal time** and not be withheld for academic reasons.



Current Recess Implementation

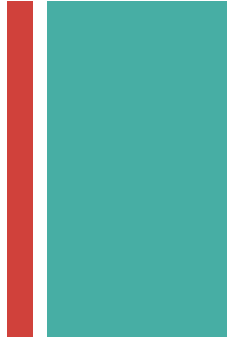


- **Currently there is no policy that ensures recess for all Austin elementary school students**
- **Currently, AISD campuses are required to schedule a total of 20 minutes of WOW and recess per day.** During this time, classroom teachers must plan for WOW activities each day, which includes 10 minutes of Marathon Kids running and other organized games. The additional time can be used for recess. When PE is scheduled for 2 days during the week (90 minutes) the classroom teacher must plan for 45 minutes of WOW time, leaving 55 minutes that can be used for recess. When PE is scheduled for only 1 time per week the teacher must plan for 90 minutes of WOW time, leaving only 10 minutes of time for recess.

+ SHAC Recommendation for Recess Policy



- Elementary school students in AISD shall be provided with a minimum of 30 minutes of supervised unstructured recess time per day in addition to the 135 minutes of structured physical activity time per week that is currently mandated under SB530.
- All teachers need to have annual professional development on structured versus unstructured time to include:
 - Recess should not be taken away as a punishment or for academic reasons.
 - Recess should not be viewed as a reward but as a necessary educational support component for all children.
 - Recess is not part of the 135 minutes of required physical activity mandated and scheduled into the school day.
- Recess time should be published in the campus handbook that is posted or distributed to parents
- AISD elementary schools should provide the facilities, equipment and sufficient and active supervision necessary to ensure the WOW and recess experiences are productive, safe and enjoyable.



+ We Won!

Austin elementary students to get 30 minutes of free play time daily

LOCAL EDUCATION | By [Melissa B. Taboada](#) - American-Statesman Staff

PHOTO: JAMES HAMILTON/AMERICAN-STATESMAN

Highlights

Teachers have pushed for free play as more testing and budget gaps have cut into recess time.

The Austin school board is expected to approve 30 minutes of free play time at recess this fall.

Starting this fall, all elementary school children in the Austin school district will get 30 minutes of unstructured play time at recess each day under a plan supported by district administrators.

Previously, unstructured play time has not been required, and in some schools — particularly those that struggled to meet state academic requirements — the children received only 20 minutes of structured play. The 30 minutes of free play will be in addition to any structured play time, and the free play recess can no longer be withheld as punishment for discipline issues or for test preparation, remediation or testing.



Recess policy approved by AISD board

By [Olivia Lueckemeyer](#) | 10:06 pm Oct. 24, 2016

At a meeting on Monday night, the Austin ISD board of trustees voted to approve a policy which mandates at least 30 minutes of recess for younger students.

The policy states that AISD students in pre-kindergarten through fifth grade will participate in at least 30 minutes of unstructured physical activity in addition to the 135 minutes of structured physical activity already required by AISD. Additionally, recess cannot be withheld as a punitive measure, as this method does not fit within AISD's "whole child, every child" philosophy and social and emotional learning goals.

The motion to adopt the policy was approved unanimously by the board on consent.

At a board work session **earlier this month**, AISD Superintendent Paul Cruz said the added unstructured recess time will be implemented at all 85 of the school district's elementary schools starting with a "soft implementation" this school year and full implementation by the 2017-18 school year.

COMMENT



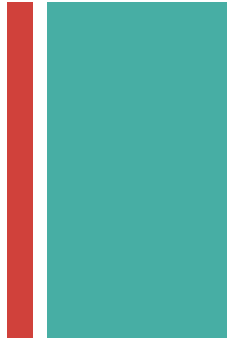
OLIVIA LUECKEMEYER



Olivia Lueckemeyer joined Community Impact Newspaper in October 2016 and covers Austin ISD for the publication's three Austin markets. She is also the editor of the Southwest Austin edition.



Liink Project – Dr. Debbie Rhea Project Creator & Director, TCU



Success of the LiiNK Project highlighted on “The Today Show”

Published January 19, 2016



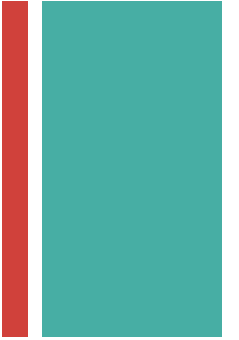
[\(http://thisweek.tcu.edu/success-of-the-liink-project-highlighted-on-the-today-show/djr-headshot-lg/\)](http://thisweek.tcu.edu/success-of-the-liink-project-highlighted-on-the-today-show/djr-headshot-lg/)

- **Behaviorally – LiiNK improved 22%-28% while comparison improved 0-2%**
- **BMI – LiiNK kids decreased from 17.5 to 17.2 over the year while comparison kids increased one full score from 17 to 18 over the year**
- **Listening effort – LiiNK kids were able to use less listening energy throughout the day to gather information – Result: LiiNK kids were not tired in the afternoons**
- **Social Emotional Learning: LiiNK kids had significantly more prosocial behaviors, empathy, and less bullying**
- **Math scores – Intervention 2-3% improvement over comparison**
- **Reading scores – Intervention 2-7% improvement over comparison**



References:

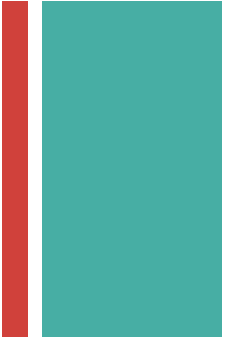
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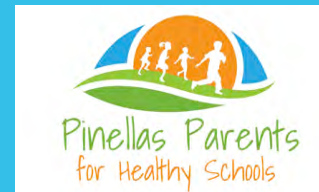
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RECESS MOMS TO THE RESCUE

NEVER UNDERESTIMATE THE POWER OF PARENTS!



CHRISTIE BRUNER

- * CO-FOUNDER,
PINELLAS PARENTS FOR HEALTHY SCHOOLS
- * FLORIDA "RECESS MOM"

THE POWER OF PARENTS



- Why does my 5th grader not have recess??
- Other schools at the same district had different policies
- Who is the decision maker?
- Healthy Schools Teams



POWER OF SOCIAL MEDIA

- Formed Pinellas Parents for Healthy Schools (1200+ members)
- TV news coverage
- Connected with parents in other areas of the state
- Joined together in Recess for All Florida Students (close to 6000 members)



DO YOUR RESEARCH



- WHO is in charge of WHAT
 - School policies, District mandates, State laws
 - Evidence based research
 - Your story is powerful



Restoring a Research-Based 20-minute Daily Recess Period for Florida's Elementary School Students

Senate Bill 78 by Sen. Anitere Flores/House Bill 67 by Rep. Rene Plasencia

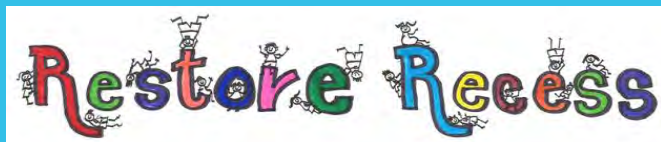
- Scientific research is clear that providing a daily recess period for our elementary students serves to **optimize social, psychological, emotional, physical and cognitive development; maximize learning effectiveness and retention; improve classroom behavior, memory and attention; and positively affect student achievement.** Requiring a daily 20-minute recess period for Florida's elementary school children ensures regular access to an unstructured break in the school day that is proven to foster multiple critical components of healthy childhood development, including **lifelong skills relating to communication, negotiation, cooperation, sharing, problem solving, and coping.** These skills are not only foundations for healthy development but more predictive of future success than any other measure. In the current era of evidence-based practice, empirical research must be utilized when making decisions regarding educational policy. **Empirical research does not support the elimination or reduction of recess.** Recess is a critical part of the school day.
- If enacted in 2017, beginning with the 2017-2018 school year:
 - Each district school board shall be required to provide at least 100 minutes per week of supervised, safe, and unstructured free-play recess for all elementary school students
 - At least 20 consecutive minutes of free-play recess are required per day
- Recess is a compliment to, but not a replacement for, physical education. This legislation does **not** adversely affect the State's requirement, via Section 1003.455(1)(3), Florida Statutes, that district school boards provide 150 minutes weekly of physical education instruction at the elementary level. Recess and physical education are different, each provides unique benefits, and both are integral parts of a child's education.
- **Research shows that state recess laws correlate with higher odds of schools having 20 minutes of recess daily** and that district policies are not significantly associated with school-level recess practices. Additionally, schools with students of predominantly white race/ethnicity were more likely than all other racial/ethnic groups to have daily recess, and schools with the highest number of students receiving free or reduced-cost meals were less likely to have 20 minutes of recess daily.
- The State of Florida requires (1) a 90-minute uninterrupted reading block, (2) 150 minutes of structured physical education per week, and (3) 720 annual instructional hours for grades K-3 (approximately 4 hours of instruction daily) and 900 annual instructional hours for grades 4-12 (approximately 5 hours of instruction daily). In Florida, the school day is generally 6-7+ hours long, with an additional hour added for the bottom 300 schools. There is plenty of time in the already-existing school day for 20 minutes of recess so that children are allowed the opportunity to decompress from the rigor and curriculum of the classroom.
- As of January 2016, 13 states required recess for elementary school children. In December 2015, the New Jersey legislature voted unanimously to require 20 minutes of daily recess for its elementary school students. Four months later, Georgia lawmakers passed a resolution urging schools to allow more recess time for its school children. In June 2016, Rhode Island mandated 20 minutes of daily recess at the elementary level. **No additional funding was required.**

Endorsed by:



FIND AN ALLY

- Principal, Area Superintendent, SHAC
- Superintendent, School Board
- State Legislators
- Mid-term elections are coming up!



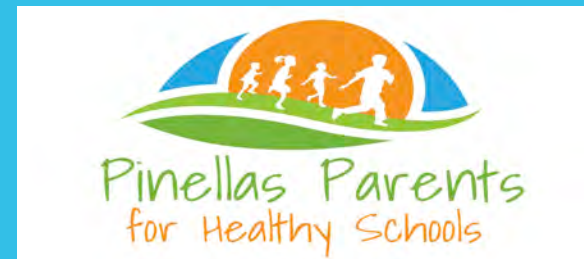
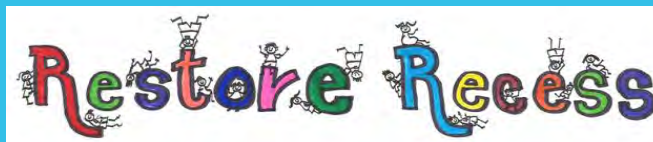
LEGISLATIVE PROCESS

- How does a bill become a law, anyways?
- It's not what you know, it's who you know
- Magical rainbow, messages, train bill



RESOURCES

- Research
 - The Crucial Role of Recess in School (American Academy of Pediatrics)
- Policies & Mandates
 - Kansas, Connecticut, Illinois, Minnesota





"Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood."

-Fred Rogers

Christie Bruner

brunerswim@gmail.com

www.restorerecess.com

Follow Us for More Resources

 Action for Healthy Kids shared a link
Posted by Jacqueline Periman (P) · December 14

Spice up your classroom and play the Game On! 12 Days of Fitness Challenge. #SmilesAllAround



12 Days of Fitness
www.actionforhealthykids.org



Stay up to date on success stories, health tips, physical activity games, fun recipes, volunteer opportunities and ideas for action!



Healthy and Fun Snack Ideas



Healthy Treats for Kids





School Programs ♦ Tools and Resources ♦ Expert Partners
Volunteer Opportunities ♦ School Grants

ActionforHealthyKids.org

Learn • Act • Transform

ACTION FOR
HEALTHY
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