

**BOARD OF TRUSTEES
CARSON CITY SCHOOL DISTRICT**

**POLICY No. 260
PROGRAM**

RECESS POLICY

The Carson City School District Board of Trustees recognizes that safe and properly supervised daily recesses in elementary school is crucial and necessary for a child's physical, social, emotional and cognitive development.

The Centers for Disease Control and Prevention defines recess as "regularly scheduled periods within the elementary school day for unstructured physical activity and play." Recess should be considered a child's personal time, and should not be withheld for academic or punitive reasons. Recess is a complement to, but not a replacement for, physical education. Although both have the potential to promote activity and a healthy lifestyle, only recess (particularly unstructured recess) provides the creative, social and emotional benefits of play.

Cognitive processing and academic performance depend on regular breaks from classroom work. To be effective, these breaks should be sufficient to allow the student to mentally decompress.

Recess should be safe and well-supervised. Environmental conditions, well-maintained playground equipment, and well-trained supervisors are the critical components of a safe recess.

Peer interactions during recess are a unique complement to the classroom. The lifelong skills acquired for communication, negotiation, cooperation, sharing, problem solving, and coping are not only foundations for healthy development, but also fundamental measures of the school experience.

Elementary students will be given the opportunity for at least three (3), 15 minute recesses per day; morning, during lunch and afternoon, during the regular school day.

Reference: American Academy of Pediatrics Policy Statement 2013 "The Crucial Role of Recess in School."

Adopted: April 12, 2016