# SAMPLE RESOLUTION

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ISD School Health Advisory Council**

**Recommendations on Recess for Elementary School Students**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**WHEREAS**, Texas Education Code, [Section 28.004](https://statutes.capitol.texas.gov/Docs/ED/htm/ED.28.htm#28.004), requires the local school health advisory council to consider and make policy recommendations to the District concerning the importance of daily recess for elementary school students; and

**WHEREAS**, the local school health advisory council has considered research concerning unstructured and undirected play; and

**WHEREAS**, the local school health advisory council has considered research concerning academic and social development; and

**WHEREAS**, the local school health advisory council has considered research concerning the health benefits of daily recess; and

**WHEREAS**, the local school health advisory council has considered that local community values are reflected in any recommendation made by the council; and

**WHEREAS**, recess, while separate and distinct from physical education, is an essential component of the total educational experience for elementary aged children; and

**WHEREAS**, recess provides children with discretionary time and opportunities to engage in physical activity that helps to develop healthy bodies and enjoyment of movement; and

**WHEREAS**, recess allows elementary children to practice life skills such as conflict resolution, cooperation, respect for rules, taking turns, sharing, using language to communicate, and problem solving in real situations that are real; and

**WHEREAS**, recess may facilitate improved attention and focus on learning in the academic program.

**NOW, THEREFORE**, based on this information, **BE IT RESOLVED** that the \_\_\_\_\_\_\_\_\_\_\_\_\_ Independent School District School Health Advisory Council recommends the following:

* Recess should not replace the required weekly physical education minutes.
* Recess is unstructured playtime where children have choices, develop rules for play, and release energy and stress.
* Bullying or aggressive behavior should not be tolerated and all safety rules should be enforced.
* Recess should not be withheld from a student (i.e., disciplinary reasons and/or tutorials). Instead, it should be viewed as a necessary educational support component for all children.
* Schools should develop schedules that provide for supervised, daily recess in grades pre-kindergarten through grades five.
* It is recommended that recess occur before lunch (when possible) to encourage healthy eating habits.
* Schools should provide the facilities/equipment and supervision necessary to ensure a safe, enjoyable recess experience.
* Schools should encourage frequent physical activity (brain breaks) during each hour of seated instruction.

BE IT FURTHER RESOLVED, that the \_\_\_\_\_\_\_\_\_\_\_ Independent School District School Health Advisory Council supports the following statement:

**Quality physical education, along with daily recess, are necessary components of the school curriculum** **that enable students to develop physical competence, health-related fitness, self responsibility, and enjoyment of physical activity so they can be physically active for a lifetime.**

Approved and adopted the \_\_\_\_\_\_\_\_\_\_day of \_\_\_\_\_\_\_\_\_\_ 20\_\_\_. We, the undersigned, hereby certify that the foregoing Resolution was duly adopted by the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ISD SHAC.

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Some of the statements in this resolution were taken from the “Guide for Recess Policy” posted by SHAPE America – Society of Health and Physical Educator.-[info@shapeamerica.org](mailto:info@shapeamerica.org) 2016

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