

JEFFCO RECESS GUIDELINES

A CALL TO ACTION

TWO RECESS PERIODS FOR ALL ELEMENTARY STUDENTS

Jeffco Elementary School Guidelines:

Schools Add A Second Recess To The Master Schedule

- The second recess should be at least 10 minutes.
- Total recess time in a day should be at least 30 minutes.

WHY MORE RECESS?

Reduces Disruptive Behavior

Enhances Memory & Attention

Boosts Academic Performance

Improves Social and Emotional Development

- Recess decreases teacher's time managing behavior
- Children with attention issues are those who benefit the most from regular breaks

- Recess boots concentration on specific tasks in class
- After 20 minutes of recess students tested better in reading, math and writing

- Exercise puts the brain in an optimal position for learning
- Recess helps students with trouble focusing become less agitated and get better grades

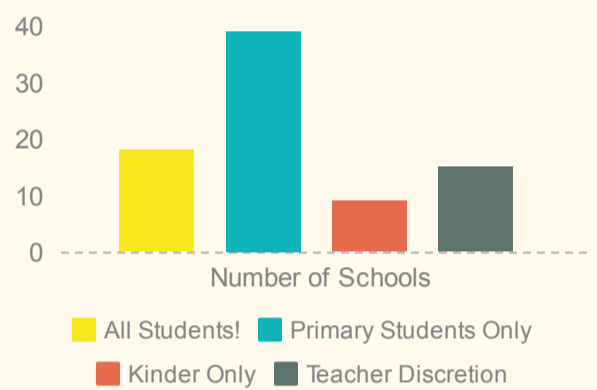
- Recess builds problem-solving and coping skills
- Play boosts sharing and imagination
- Teachers get to know students better during recess

National CDC Recess Recommendations *

- Prohibit the replacement of physical education (PE) with recess or using recess to meet time requirements for PE policies.
- Provide students with adequate spaces, facilities, equipment, and supplies for recess.
- Ensure that spaces for recess meet or exceed recommended safety standards.
- Prohibit the exclusion of students from recess for disciplinary or academic reasons.
- Provide recess before lunch when possible.
- Provide staff members who lead or supervise recess with ongoing professional development.

*CDC and SHAPE America

Which Students Have A Second Recess in Jeffco 2018-19



Jeffco Wellness Policy ADF Guidelines

Include 2 recesses into daily elementary schedule (at least 30 minutes total)

RECESS PLANNING TOOLKIT

Best Practice Recess Strategies *

- Communicate and enforce behavioral and safety expectations.
- Create an environment supportive of physical activity during recess.
- Engage the school community to support recess.
- Gather information on recess.

*SHAPE America

Indoor Recess

[Weather Watch Guide to Safe Outdoor Temps](#)

Indoor recess offers many of the same benefits as outdoor recess when safe and structured play is available.

- [Indoor Recess Ideas](#)

RECESS TRAINING AVAILABLE

Training Topics Include:

- The importance of recess
- Conflict resolution skills
- Successful recess rules and routines
- Minimizing behavioral issues
- Promoting physical activity
- Rapport Building

Para Ad Pay Available!

"After this training, I knew how to solve more behavior issues and provide a safer, more fun recess."
- Parprofessional Maple Grove

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JEFFCO HEALTHY SCHOOLS SUPPORT

RESOURCES FOR ALL

- [Jeffco Wellness Policy Guidelines](#)
- [Active Schools](#)
- [SHAPE America](#)
- [Support Real Teachers: The Important of Recess and Play](#)
- [Jeffco Staff, Family and School Handbook Communication Ideas](#)

QUESTIONS?

Contact Jeffco Healthy Schools
tinyurl.com/JeffcoRecess
healthyschools@jeffco.k12.co.us

Become a R.E.A.C.H School (Recess Exercise for All Children's Health)

Add a 2nd Recess and Receive the Following:

- Active Recess or Indoor Recess Equipment Package (\$500-\$1000)
- Healthy Schools Ongoing Support and Professional Learning
- Para Recess Training Priority (Ad Pay Available)

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