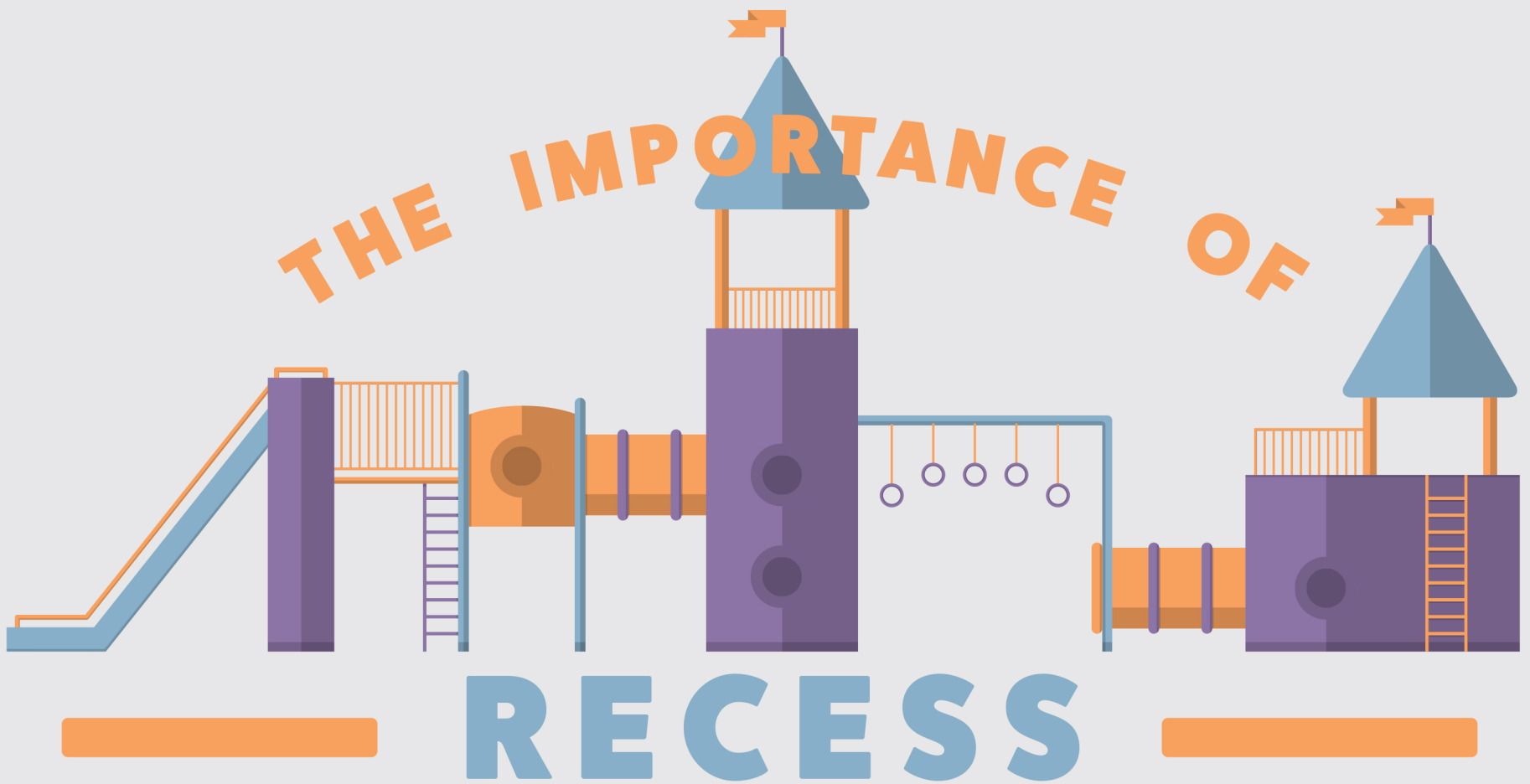


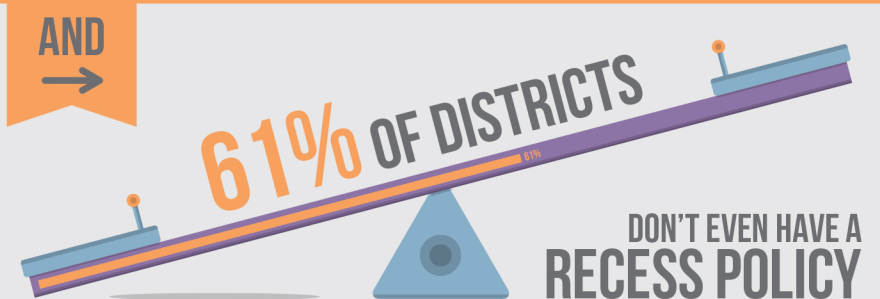
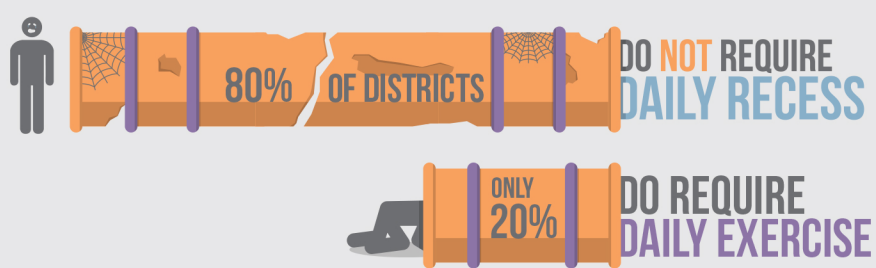
THE IMPORTANCE OF



RECESS

Not only does recess provide students with a needed break from their structured school day, it can improve their physical, social, and emotional well-being, and enhance learning. Recess also helps children meet the goal of 60 minutes of physical activity each day. National organizations recommend that districts provide at least 20 minutes of daily recess for all students in elementary schools.****

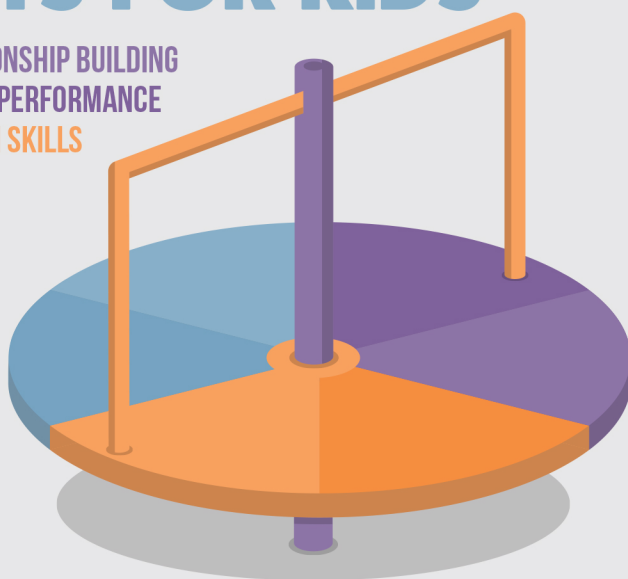
A RECESS PROGRAM CAN HELP STUDENTS FEEL MORE ENGAGED, SAFER & POSITIVE ABOUT THE SCHOOL DAY



BENEFITS FOR KIDS

- PEER TO PEER RELATIONSHIP BUILDING
- IMPROVED COGNITIVE PERFORMANCE
- CONFLICT RESOLUTION SKILLS
- IMPROVED ATTITUDES
- IMPROVED GRADES
- FEELING BETTER

42% OF A CHILD'S DAILY PHYSICAL ACTIVITY OCCURS DURING RECESS



60 MINS A DAY IS THE RECOMMENDED AMOUNT OF PHYSICAL ACTIVITY FOR CHILDREN

IN 2013, MORE THAN 40 PERCENT OF THE STUDENTS WERE ABSENT, 10 PERCENT OF THE SCHOOL YEAR!

RECESS CREATES A POSITIVE ENVIRONMENT WHICH CAN HELP TO IMPROVE ATTENDANCE

