

Recess Resolution

Whereas, Children's physical fitness and children's engagement in physical activity are associated with greater academic achievement and cognitive functioning; and

Whereas, Elementary school children who have more recess time have been found to have better classroom behavior; and

Whereas, Recess is important for children's socialization, school adjustment, and overall social development; and

Whereas, Recess provides unstructured play opportunities that allow children to engage in physical activity and should not replace physical education classes that provide sequential instruction to enhance the development of motor skills, movement concepts, and physical fitness; and

Whereas, Increased physical activity time during the school day does not adversely affect student academic achievement; and

Whereas, Children who engage in more physical activity have better physical and mental health; and

Whereas, Physical activity can provide other benefits to children's positive development such as physical competence and a sense of personal responsibility; and

Whereas, Establishment of an active lifestyle in childhood leads to a more active lifestyle in adulthood; therefore be it

Resolved, That The Malden School Committee supports at least one period of recess (if school time on learning is not at capacity):

- **20 minutes for each 5-8 student every school day**
- **30 minutes for each K-4 student every school day**

and be it further;

Resolved, That The Malden School Committee supports House Bill 235 which states that all children in grades kindergarten through five attending public schools shall receive one hundred minutes of supervised, safe, and unstructured free-play recess

each week so that there are at least twenty consecutive minutes of free-play recess per day.

Resolved, That The Malden School Committee opposes denial of school recess as a disciplinary measure for academic reasons or inappropriate classroom behavior; and be it further

Resolved, That The Malden School Committee will implement policies for school recess that include unstructured outdoor play and unstructured indoor play for inclement weather days, educate students on safe playground rules, ensure the safety of playground equipment and develop an adequate adult to student ratio; and be it further

Resolved, That The Malden School Committee supports both adequate recess and physical education classes.

The Malden School Committee