

PS 147 Active Recess Policy

PS 147 Wellness Council

Recess provides students with a needed break from their structured school day. It improves children's physical, social, and emotional well-being and enhances their learning in the classroom. For many urban children, it provides their only supervised outdoor time each day.

Recess helps children meet the goal of 60 minutes of physical activity (PA) each day, as recommended by the US Department of Health and Human Services. National organizations (e.g., The Center for Disease Control and Prevention, American Academy of Pediatrics) recommend that school districts provide at least 20 minutes of daily recess for all students in elementary schools.

At PS 147, we believe that daily physical activity promotes academic achievement. It also improves attention span, classroom behavior and attendance. We will incorporate at least 20 minutes of physical activity during recess. PS 147 will maintain outdoor play periods on the vast majority of winter days. Because children benefit from vigorous exercise, they should be given the opportunity to play outside whenever possible. Unless it is snowing there is ice on the playground, low temperatures should not be a barrier to outside play, as long as children are appropriately dressed.

During active recess, PS 147 provides supervising adults who encourage students to move and engage in structured play. Recess monitors and teachers are powerful role models by being physically active alongside the students whenever feasible. Recess should not be used for meal time, as school schedules lunch periods so that students have at least 20 minutes to eat their lunch.

Recess is scheduled after lunch and it is always offered to every student. Recess is never withheld as a form of punishment. Our teachers and staff have received ongoing training and professional development on recess this year. We continue to work toward structured play during recess periods.

PS 147 has an **active indoor recess plan**:

PS 147 pledges to allow students to play outside whenever possible. Temperature alone should not be a barrier to outdoor play. Our parents and teachers will take precautions to ensure our students are appropriately dressed to play. The Administration determines when recess is held indoors. Recess is held indoors only when there is a winter weather advisory, there is active precipitation, or there is ice on the ground. An indoor recess decision is communicated to recess staff and students via announcement made over the school's loudspeaker system. The auditorium and gym are available for active indoor recess, in which step dancing and free play can occur.