**Recess Resources**

**Parents’ Voices**

* Orange County, FL – Parents try to mandate recess after playtime cut at elementary schools

<http://fox40.com/2015/01/14/parents-try-to-mandate-recess-after-playtime-cut-at-elementary-schools/>

* + 23 elementary schools in the district decided not to have any form of recess
		- There is no district policy a/b time spent at play during school day
	+ **Parents** reported their kids coming home and tired of sitting in a desk all day
	+ School officials
		- Mandates requiring 150 minutes of English; 60 minutes of math; 120 minutes of science each week
	+ Parents went to a school board meeting with a petition seeking a minimum of 20 minutes of recess at school everyday

<http://www.today.com/health/should-elementary-schools-have-recess-some-florida-parents-fight-break-1D80423842>

* + Some **parents** report children with ADHD who could benefit from the break
	+ “Machines that produce data as opposed to children”
	+ “At the end of the day, who cares if you have straight A’s and you get a scholarship to Harvard if you’re socially inept?”
	+ Core issue = Common Core exams (standardized tests in math, language arts & literacy)
		- Performance dictates **teachers’** pay and sometimes their job
			* Using that extra 20 minutes to teach the test
		- **Teachers Association** everybody is feeling pressured to do well on the tests
	+ Decision has been up to the **principal**
		- Florida requires districts provide 900 instructional hours during school year
* <http://www.capitolhillseattle.com/2014/10/seattle-parents-ask-why-school-kids-have-to-rush-lunch-recess/>
	+ Seattle: Concerned parents have formed a “Lunch and Recess Matters” group to push for fair lunch & recess periods (Seattle)
		- The group grew to over 600 members in a week
		- Kids are having to choose between eating lunch or play
		- 15 minutes into a 30 minute lunch period a bell rings where you have to choose whether to continue eating or play
	+ Seattle public schools have said that the instructional periods & bus schedules contribute to the shortening of recess periods
		- Parents feel as if they are not getting enough answers
	+ Parents say that this is something that needs to go to legislature because it is not only a problem in Seattle
* <http://www.berkeleyside.com/2014/11/17/taking-recess-time-away-from-kids-debated-by-parents-and-teachers-school-board-prepares-to-pass-policy/>
	+ Parents argue that taking away recess as a punishment is not effective because often times the students who have it taken away are high-energy and they need that time to play
	+ Parent’s argued that that the American Academy of Pediatrics and Michelle Obama’s Let’s Move program advises against taking recess away from students as punishment
	+ **Teachers** say that recess is the only time during the day that they can meet one-on-one with students to talk about problems