



**POLICY: JHFD**

**REGULATION:** Recess for Students

**EXHIBIT:**

SRSD acknowledge the benefits of recess for students as outlined in the wide variety of research on this issue. Students who are active perform better and learn better in class. Although there has been many school divisions who have been taking away recesses for all kind of reasons, these decisions are not supported by the research on learning and healthy life style. Therefore recess will be mandatory for all K to Grade 6 students.

There will be one recess in the morning and one recess in the afternoon. The recesses will be 15 minutes in length and are designed to promote health and wellness in our students.. Both recesses can take place inside or outside the school. The location and time for the recess will be based upon:

- Equipment available to students
- Number of students using the facilities
- Level of interest in various activities (ping-pong, indoor soccer, etc)
- Support available for special needs students
- Weather
- Unforeseen events

Recesses will be supervised by adults including at least one teacher.

Grade 7 and 8 recess is not mandatory and is at the discretion of the schools. Grade 7 and 8 students will be provided with many opportunities to be physically active and socially engaged through physical education, interschool sport programs, extracurricular activities and short breaks provided throughout the day. As well, the scope and extend of the grade 7 and 8 curriculum require more time for the students to be focused on academics.

Under very specific and rare circumstances, a school may request to be excused from recess for their K to Grade 6 students. This would require the approval of the superintendent's office.

APPROVED: June 2011

REVISED:

SOURCE:

OTHER REFERENCE: