



## RECESS

A twenty-five minute recess period is provided to all children each day either before or after their lunch period. Recess is considered an important part of the school day. We believe that recess benefits children by providing an opportunity for:

- Physical exercise
- Fresh air
- Social skill building
- Independent choice making
- Problem solving

Children who participate in recess return to the classroom more ready to participate in the academic curriculum.

### Participation

Children are expected to participate in recess every day. At times extreme temperatures, rain, or other weather related conditions, require that all children stay indoors during recess. Occasionally, there are circumstances that prevent individual children from going out for recess, but for the most part, children who are able to participate in the rest of the school day should be able to participate in recess. A daily note, stating the reason a child is not able to go outdoors for recess is required. If your child needs to stay in for more than two consecutive days, please provide a doctor's note specifying the reason. Because indoor supervision requires special arrangements, **we ask your help in keeping this practice to a minimum.**

We will strive to make recess a positive experience for all children. In return, we ask your support in stressing to your child the importance of this part of the school day.

### Playground Safety Rules

Common sense and safety are the general rule regarding student behavior on the playground. These rules apply anytime a student is on the playground.

1. Be respectful at all times on the playground.
  - Pay respect to playground supervisors. Their job is to help you and keep you safe.
  - Use respectful language at all times.
  - Be kind to other students.
2. Running is not permitted when entering or leaving the building.
3. Check items brought from home with the classroom teacher before taking them on the playground. No hard baseballs are allowed on the playground.
4. No throwing of stones, snowballs, ice-chunks, dirt, wood chips, etc.

5. Fighting and/or rough games that include tackling, pushing or shoving are not allowed.
6. Slides are used only in a safe manner.
  - Do not walk up the slides.
  - Slide down only after the person before them has gotten safely off the slide.
  - Never block another student from coming down the slide.
7. Swings are used only in a safe manner.
  - No standing or jumping off swings is permitted.
  - No twisting of swings together or individually is permitted.
  - Individual swings are to be used by only one person at a time.
8. The tire swing is used only in a safe manner.
  - No more than three people can ride on the swing at one time.
  - Only one person may spin the tire swing.
  - Students near the tire swing must stay behind the archway poles.
9. Never leave the playground area without permission during recess.
  - If a ball leaves the playground area, inform a supervisor.
  - If you have an injury or emergency, get the help of a playground supervisor before going into the building.
10. Food, candy, gum, or beverages are not allowed on the playground during the school day.
11. When the bell rings, students should re-enter the building in an orderly fashion.

### **Getting Along with Peers on the Playground**

Recess is a time to learn and practice skills for problem solving, working together and getting along with peers. Equipment is limited, so students need to find ways to be sure everyone who wants a turn gets one. There are no "closed games" on the playground. Students need to work together to find ways to include everyone who wants to participate in an organized game.