

**RESOLUTION**  
**Grandview ISD School Health Advisory Council**

Recommendation on Recess  
For Elementary and Intermediate School Students  
Fall 2008

**WHEREAS**, SB 530 requires the local school health advisory council to consider and make policy recommendations to the District concerning the importance of daily recess for students enrolled in kindergarten through grade five; and

**WHEREAS**, the local school health advisory council has considered research concerning unstructured and undirected play; and

**WHEREAS**, the local school health advisory council has considered research concerning academic and social development; and

**WHEREAS**, the local school health advisory council has considered research concerning the health benefits of recess; and

**WHEREAS**, the local school health advisory council has considered that local community values are reflected in any recommendation made by the council; and

**WHEREAS**, recess, while separate and distinct from physical education, is an essential component of the total educational experience for elementary aged children; and

**WHEREAS**, recess provides children with discretionary time and opportunities to engage in physical activity that helps to develop healthy bodies and enjoyment of movement; and

**WHEREAS**, recess allows elementary children to practice life skills such as conflict resolution, cooperation, respect for rules, taking turns, sharing, using language to communicate, and problem solving in real situations; and

**WHEREAS**, recess may facilitate improved attention and focus on learning in the academic program.

**NOW, THEREFORE**, based on this information, **BE IT RESOLVED** that the Grandview Independent School District School Health Advisory Council recommends the following:

- Recess should not replace physical education. Recess is unstructured playtime where children have choices; develop rules for play and release energy and stress.

