

Wellness Policy Component: **Recess and Recess Before Lunch**

District	BP/AR (Year)	Page	Language
1. Alpine	BP (2017)	3 11	<p>Meal Times and Scheduling for Schools: Will schedule lunch periods to follow recess periods (in elementary schools)</p> <p>Physical Education Daily Recess: All elementary school students will have at least 20 minutes a day of supervised recess (including lunch play time), preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.</p>
2. Bonsall	BP (2018)	3	<p>Physical Activity The district will:</p> <ul style="list-style-type: none"> • Require at least 20 minutes a day of supervised recess (recess does not count toward education minutes) for all students during which school staff shall encourage moderate-to-vigorous physical activity.
3. Borrego	BP (2017)	13	<p>IV. Physical Activity Recess (Elementary) All elementary schools will offer at least 20 minutes of recess on all days during the school year (This policy stipulation may be waived on early dismissal or late arrival days). If recess is offered before lunch, schools will have appropriate hand-washing facilities on the way to the cafeteria to ensure proper hygiene prior to eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built into the recess transition period/timeframe before students enter the cafeteria.</p>
4. Cardiff	BP (2022)	3	<p>Physical Activity The district shall: Require at least 35 minutes a day of supervised recess/lunch recess for all elementary students during which school staff shall encourage moderate-to-vigorous physical activity.</p>
5. Chula Vista	BP (2017)	6	<p>Meal Time, Scheduling, and Environment Schools shall: When possible, suggest lunch meal times follow lunch recess.</p> <p>PHYSICAL EDUCATION AND PHYSICAL ACTIVITY Physical Activities Recess: All elementary school students should have at least 15-20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activities through predetermined, structured activities</p>

			(run/walk programs, intramurals, games, etc.). The District encourages schools to schedule lunch recess before the designated lunch period.
6. Dehesa	2019	11	Daily Recess: All elementary school students will have at least 20 minutes a day of supervised recess (including lunch play time), preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
7. Escondido Union High	BP (2018)	3	All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.
8. Julian Union	BP (2019)	17	<p>Recess Schools will offer at least 20 minutes of recess on all days during the school year. This policy may be waived on early dismissal or late arrival days. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.</p> <p>Recess will complement, not substitute, physical education class. Recess aides or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.</p>
9. Lakeside	BP (2022)	12	<p>IV. Physical Activity Recess (Elementary) <i>Recess (Elementary)</i></p> <p>The District recognizes that recess provides a necessary break in the day for optimizing children’s development and that cognitive processing and academic performance depend on regular breaks from concentrated class work.</p> <p>All elementary schools will offer no less than 15 minutes of recess on all or most days during the school year. This policy may be waived on early dismissal or late arrival days.</p> <p>Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.</p>

			Withholding recess as a punishment is not appropriate.
10. Lemon Grove	BP (2018)	2	Both physical education and recess promote activity and a healthy lifestyle. According to the Centers for Disease Control and Prevention, time spent in <i>recess</i> appears to have a positive relationship with children’s attention, concentration, and on-task classroom behavior.
		13	<p><i>Physical Activity</i> All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and <i>recess</i> and will also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p> <p>Students will be provided adequate time for <i>recess</i> at elementary levels and will be encouraged to engage in physical and kinesthetic activities throughout the day.</p> <p>Schools shall prioritize the use of school fields and black tops for students’ physical activities.</p> <p>District staff shall use restorative approaches to support positive student behaviors and will not withhold recess or other physical activity or physical education as a form of punishment.</p>
11. National	BP (2023)	1	<p><i>Physical Activity</i> Require supervised recess for elementary students during which staff shall encourage moderate to vigorous physical activity and provide students periodic breaks during extended periods of inactivity.</p>
		5	All students in grades K-6 will be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before and after school programs, and other structured and unstructured activities
		6	<p><i>Daily Recess</i> All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.</p>
12. Oceanside	BP (2021)	2	School Meals

		3	<ul style="list-style-type: none"> Outstanding student performance and behavior shall be rewarded with non-food items such as extra recess time, homework passes, etc.
		5	<p>Fundraising, Rewards and Celebrations</p> <ul style="list-style-type: none"> School staff shall not use non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior, and encourage the use of physical activity, such as extended recess, as a reward. <p>Physical Activity</p> <p>All elementary school students will have at least 20 minutes a day of supervised recess in addition to lunch recess, preferably outdoors. It is encouraged that schools schedule lunch meal times to follow lunch recess. This “Play, Then Eat” shift has been shown to reduce food waste and behavioral playground issues while increasing fruit/vegetable consumption and an overall calmer student demeanor when returning to the classroom.</p>
13. Poway	BP (2018)	2	Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before and after school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.
14. Ramona	BP (2019)	2	Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and/or after-school programs, summer learning programs, and other structured and unstructured activities.
15. SD Unified	BP (2022)	3	<p>1. Food and Nutrition: The goals for Food and Nutrition are: i. Encourage lunch periods to follow recess periods in elementary schools.</p>
		5	<p>Physical Activity d. Provide daily recess, in addition to lunch recess, in elementary grades 1-6 e. Schedule recess before lunch when feasible.</p>
		7	<p>Health-Promoting School Environments d. The use of withholding of physical activity (including recess) as a punishment during the school day and during the extended school day is prohibited. The use of physical activity (such as extra recess) as a reward is encouraged</p>
	Frame-work (2015)	9	<p>Meal Times Elementary: When possible, students at elementary school sites will be provided with at least 10 minutes to eat after sitting down for breakfast and at least 20 minutes after sitting</p>

			<p>down to eat lunch. Schools are encouraged to schedule lunch to be served after lunch recess at elementary sites in an effort to promote meal consumption and decrease food waste.</p> <p>13 Physical Education Teachers and other school and community personnel will not use physical activity (i.e. running laps, push-ups) or withhold opportunities for physical activity (recess, physical education) as punishment (AP 4179, 4770).</p> <p>14 Recess: Recess that is safe and well supervised offers cognitive, social, emotional and physical benefits. It serves as a necessary break from the rigors of concentrated academic challenges in the classroom. The following are important components of recess:</p> <ul style="list-style-type: none"> • Twenty minutes per day of supervised recess where moderate-to-vigorous physical activity (MVPA) is encouraged. • Teachers and other school and community personnel will not use physical activity (i.e. running laps, push-ups) or withhold opportunities for physical activity (recess, physical education) as punishment. • The district encourages schools to schedule lunch recess before lunch in Grades K-5. • Teachers provide students periodic movement breaks during extended periods of inactivity. Grades K-5: inactivity in excess of one hour and grades 6-12: inactivity in excess of two hours. • The environment is supportive of students and encourages development of a positive self-concept. <p>16</p> <ul style="list-style-type: none"> • Provides opportunities for student decision making and contributes to creativity and social learning. <p>Staff Training: Recess and lunch supervisors, as well as classroom teachers, shall be trained in safe, age appropriate physical activity options for students.</p>
16. San Ysidro	BP (2019)	2	<p>All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p>

17. Santee	BP (2018)	4	<p>OTHER SCHOOL BASED ACTIVITIES All students shall have opportunities for moderate to vigorous physical activity provided through physical education, recess, school athletic programs, extracurricular programs, before- and/or after-school programs, and other structured and unstructured activities.</p> <p>Daily Recess The District recognizes that recess provides a necessary break in the day for optimizing children’s development and that cognitive processing and academic performance depend on regular breaks from concentrated work. All elementary grades shall offer no less than 15 minutes of recess on all or most days during the school year. This policy may be waived on early dismissal days.</p> <p>Outdoor recess shall be offered when weather is feasible for outdoor play. In the event that the school or District must conduct indoor recess, teachers and staff shall provide activities that promote physical activity for students to the extent practicable. Recess shall complement, not substitute for, the physical education class. Recess monitors or teachers shall encourage students to be active and serve as role models by being active alongside the students whenever feasible.</p> <p>STUDENT REWARDS AND PUNISHMENTS Staff and other entities (businesses, sponsors, and/or organizations) are prohibited from using food as a reward for a student’s academic performance, accomplishments, or classroom behavior. The district shall emphasize providing additional opportunities for physical activities (e.g., extended recess) as a reward for high-performing and well-behaved students.</p>
18. South Bay	BP (2023)	1	<p>All students shall be provided with opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p>

19. Vista	BP (2021)	1	All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.
20. Warner	BP (2018)	1	All students in grades PreK-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.