



---

**Administrative Regulation:**

**#540.1**

---

## RECESS

At the elementary level (K-5) the following requirements will be implemented:

1. All elementary school grades will adhere to standardized decision making for outdoor recess based on weather conditions; when the temperature declines to 18 degrees F factoring in wind chill, outdoor recess will be held indoors.
2. Playground safety at each location will factor in the Principal's decision regarding indoor or outdoor recess.
3. It is the parent/guardian's responsibility to ensure their children come to school dressed appropriately for the weather, so that all may participate in the benefits of outdoor play activity and socialization. Parents will be called to bring in appropriate attire or supply replacement clothing when necessary. The school is not responsible for providing clothing to children.
4. Families will be notified that their children should wear appropriate footwear that will allow safe participation in recess activities and physical education. Sneakers are required for physical education classes.
5. If a child is well enough to come to school, they are well enough to participate in outdoor recess. Accommodations regarding a child's physical safety on the playground due to a chronic or short term disability will be addressed in a 504 Plan, and such accommodations will be made.
6. Two recess breaks a day will be provided at Green Meadow, and one recess break at the Fowler School. Withholding recess or physical education class will not be used as a form of disciplinary consequence.
7. Physical activity opportunities during indoor recess will be promoted.
8. Reference: Wellness Administrative Regulation #530.1; II Setting Physical Activity Goals.

---

DATE APPROVED: 03/16/17

SOURCE: U.S. Department of Health and Human Services Centers for Disease Control and Prevention

[https://www.cdc.gov/healthyyouth/health\\_and\\_academics/pdf/pa-pe\\_paper.pdf](https://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf)

American Academy of Pediatrics

<https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/AAP-Considers-Recess-a-Necessary-Break.aspx>

National Association of Elementary School Principals

<http://www.naesp.org/principal-septemberoctober-2013-early-learning/it-s-playtime>

---