

MAYNARD PUBLIC SCHOOLS



School Committee Policy:

#540

RECESS

The Maynard Public Schools aspire to provide all students with the maximum minutes a day available of supervised outdoor recess, throughout the school year, during which there will be sufficient direction, space, and equipment that will encourage appropriate level physical activity. Ordinarily, other required activities for a student (e.g., extra help or tutoring sessions) will not be scheduled to occur simultaneously with the student's recess period.

The administration of each school will monitor recess practices so that recess occurs during the school day at appropriate times. The principal of each school will also monitor participation in recess to ensure recess is not being withheld as a disciplinary consequence. During periods of extreme cold or inclement weather, the opportunity for recess/free time will be held indoors.

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

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>
