

Citizen Advisory Committee (CAC) Executive Committee

Committee Name	Recess Subcommittee
Period	2019-2020 Academic Year
SubCommittee Captain	Dr. Michele Comer (Severna Park Elementary)
SubCommittee Members	Michele Comer (Severna Park Elementary), Shawn McAteer (Chesapeake Elementary), Maggie Cerria (Old Mill Elementary), Morgan Van Arsdall (Broadneck Elementary), Lindsay Goebel (Annapolis Elementary), Sherrell Carr (Glen Burnie Elementary), Steven Smith (At-Large), Tanisha Howard (Northeast Elementary)

Policy or Guideline

Recess currently exists as a guideline. The implementation primarily serves elementary with little to no implications for secondary in its current iteration.

Overview

This topic was a result of the 2018-2019 CAC Equity Subgroup initial research. We recognize the Board must consider many facets in development of a policy.

Research/Work Completed

The group met to determine scope of subcommittee work, review prior study questionnaire, review of Recess Guidelines, and discussion on existing implementations in other jurisdictions, best practices, and research within area. The group requires insights on current Recess Guideline implementation and assessment. We will, at a minimum, address on the survey the following key topic areas:

- Do students go to lunch before or after recess?
- Do students have PE directly before or after recess?
- Do students have 20 of recess daily (not including travel time to and from the playground)?
- How many students are at recess as one time?
- How many adults are supervising the students during recess?
- Is recess taken away as a punishment?
- What weather conditions permit indoor recess?
- What do the students do during indoor recess?
- Is the indoor recess toolbox being used?

Accordingly, for the initial phase, we propose a questionnaire focused on existing guidelines to be able to assess current status. We have drafted an initial sample questionnaire and included as an attachment. With this information the subcommittee can further refine its focus to incorporate best practices and other area research to make recommendations to the Board. We anticipate this study will have numerous phases, which we endeavor coordination with the AACPS Recess Workgroup.

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Action Items

1. Main focus should analyze existing implementation of the Recess Guidelines for each school year including 2018-2020
2. Establish additional surveys to be completed by a specific AACPS stakeholder target as follows:
 - a. Elementary Principals
 - b. Elementary Teachers
 - i. To ensure each cluster has be equal representation consideration should be given to provide the survey to elementary classroom teachers within each cluster. (NOTE: The elementary school teachers who do not have a class that go to recess (music, art, teacher assistants, etc.) will not be included in the teacher survey.)
 - c. Parents/Caregivers
 - i. To ensure each cluster has be equal representation consideration should be given to provide the survey to a set number of stakeholders within each cluster.

References

[Recess Guidelines](#)
[Weather Guidelines](#)
[Health Education Resources](#)
[Indoor Recess Toolkit](#)
[Game and Practice Restrictions Due to Heat](#)
[Alternatives to Withholding Recess](#)
[Choice Boards](#)
[PBIS In The Classroom](#)

Recess Guidelines Survey Questions for Parents

Thinking about the 2019-2020 school year, prior to eLearning, please answer the following questions:

Survey sample of cluster more representative of county

- | | | | |
|--|-------|-------|---|
| 1. Did your child get at least 20 minutes of recess every school day (do not count transition time to and from the classroom in the 20 minutes)? | yes | no | |
| 2. Did your child have physical education class directly before or after recess? | yes | no | only on nonstandard school days (2 hour delay/2 hour early dismissal/etc.) |
| 3. Did your child have lunch before recess? | yes | no | only on nonstandard school days (2 hour delay/2 hour early dismissal/etc.) |
| 4. Did your child's teacher withhold recess as a punishment? | yes | no | I don't know |
| 5. Did your child have outdoor recess on days where the temperature (corrected for wind chill) is below 32° F? | yes | no | I don't know |
| 6. During indoor recess, did your child remain in his/her classroom? | yes | no | sometimes |
| 7. Please rank the activities your child usually engaged in during indoor recess (1 being most often): | _____ | _____ | plays board games
watches a movie
works on a chromebook
Other: (State briefly) |
| 8. Have you heard of the indoor recess toolkit? | yes | no | |
| 9. Do you see any correlation between the physical activity and academic performance and/or behavior? | yes | no | |
| 9a. Do you believe there is a correlation between recess and academic achievement? | yes | no | |
| 10. Would you be interested in recess delivered in an eLearning environment? | yes | no | |
| 11. Additional Comments: | | | |

Recess Guidelines Survey Questions for Homeroom Teachers Only

Thinking about the 2019-2020 school year, prior to eLearning, please answer the following questions:
Survey sample of cluster more representative of county

- | | | | | |
|--|---------|------------------------|--|---------------------------------|
| 1. Did your class get at least 20 minutes of recess every school day (do not count transition time to and from the classroom in the 20 minutes)? | yes | no | | |
| 1a. What grade do you teach? | _____ | | | |
| 1b. How many students are in your class? | _____ | | | |
| 2. Did your class have physical education class directly before or after recess? | yes | no | only on nonstandard school days (2 hour delay/2 hour early dismissal/etc.) | |
| 3. Did your class have lunch before recess? | yes | no | only on nonstandard school days (2 hour delay/2 hour early dismissal/etc.)days | |
| 3a. How much additional time is allocated to the 20 mins to allow for transition and getting to playground? | ≤ 4 min | 5 min ≤ 7 min | 8 min ≤ 10 min | |
| 4. Did you ever withhold recess as a punishment? | yes | no | sometimes | |
| 5. Did your class have outdoor recess on days where the temperature (corrected for wind chill) is below 32° F? | yes | no | I don't know | |
| 6. During indoor recess, did your class remain in your classroom? | yes | no | sometimes | |
| 6a. If the use alternate site, state where | _____ | | | |
| 7. Please rank the activities your class usually engages in during indoor recess (1 being most often): | _____ | plays board games | _____ | drawing |
| | _____ | watches a movie | _____ | Help teacher organize classroom |
| | _____ | works on a chromebook | _____ | Doing homework |
| | _____ | Other: (State briefly) | _____ | |
| | _____ | | _____ | |
| 8. Have you heard of the indoor recess toolkit? | yes | no | | |
| 9. Do you see any correlation between the physical activity and academic performance and/or behavior? | yes | no | | |
| 9a. Do you believe there is a correlation between recess and academic achievement? | yes | no | | |
| 10. Would you be interested in recess delivered in an eLearning environment? | yes | no | | |
| 11. Additional Comments: | | | | |

Recess Guideline Survey Questions for Principals/Administrators

Thinking about the 2019-2020 school year, prior to eLearning, please answer the following questions:
Survey sample of cluster more representative of county

Other Considerations

	1. Average number of students at recess at the same time?	<50	50 ≤ x < 75	75 ≤ x < 100	≥ 100	
	2. How many unit 1 employees were supervising outdoor recess?	0	1	2	3	4 more than 4
	3. How many recess monitors were supervising outdoor recess?	0	1	2	more than 2	
Guideline	4. What percentage of your school got at least 20 minutes of recess every school day (do not count transition time to and from the classroom in the 20 minutes)?	< 25%	25% ≤ x < 50%	50% ≤ x < 75%	75% ≤ x < 100%	100%
	4a. What % of school gets 20 minutes of recess?					
	4b. Given guidelines, what opportunity exists for your school to implement?					
Guideline	5. What percentage of your school had physical education class directly before or after recess?	< 25%	25% ≤ x < 50%	50% ≤ x < 75%	75% ≤ x < 100%	100%
Guideline	6. What percentage of your school had lunch before recess?	< 25%	25% ≤ x < 50%	50% ≤ x < 75%	75% ≤ x < 100%	100%
Guideline	7. Did your school have outdoor recess on days where the temperature (corrected for wind chill) is below 32° F?	yes	no			
	8. During indoor recess, did the class remain in their classroom?	yes	no	sometimes		
	8a. If the use alternate site, state where					
	9. Please rank the activities your school usually engages in during indoor recess (1 being most often):					
		plays board games	watches a movie	works on a chromebook	Other: (State briefly)	drawing Help teacher organize classroom Doing homework
Guideline	10. Have you heard of the indoor recess toolkit?	yes	no			
	9. Do you see any correlation between the physical activity and academic performance and/or behavior?	yes	no			
	9a. Do you believe there is a correlation between recess and academic achievement?	yes	no			
	10. Would you be interested in recess delivered in an eLearning environment?	yes	no			
	11. Additional Comments:					

Do we consider by grade?

Sidebar: Is there an equity concern

Ponder for other areas to include