

Administrative Directive Title: <p style="text-align: center;">Recess Guidelines</p>	AD Number: <p style="text-align: center;">6.400.2</p>	Adopted: <p style="text-align: center;">November 2021</p> Former Descriptor: <p style="text-align: center;">STU46</p>
Policy References: Board Policy 6.400 - Promoting Student Wellness	Revised: <p style="text-align: center;">11/24</p>	

1 Recess is a vital part of the school day that promotes physical activity, social interaction, and mental
 2 breaks for students, contributing to their overall well-being and development.

3 Recess will occur at designated times based on grade level and school schedules. Each recess period will
 4 last for at least fifteen (15) minutes, ensuring adequate time for students to engage in physical activity.

5 Staff members must be actively engaged in monitoring student behavior and ensuring safety at all times.

6 Recess will be held outdoors when weather conditions are safe. This includes temperatures between 32°F
 7 (*including wind chill factor*) and 95°F, low wind, and no severe weather warnings (e.g., thunderstorms,
 8 snowstorms, or heat advisories). Conditions that should be considered in this determination include:

- 9 1. Temperature
- 10 2. Humidity
- 11 3. Wind chill
- 12 4. Heat Index
- 13 5. Age of students
- 14 6. Length of time outdoors
- 15 7. Adequacy of clothing of students
- 16 8. Condition of the playground

17 If outdoor recess is unsafe due to weather conditions, indoor recess will be conducted in designated areas
 18 such as the gymnasium or classroom, pursuant to direction provided by school administration. Activities
 19 during indoor recess will promote physical movement while ensuring safety in an indoor environment.

20 Each year, students and parents will be informed of the school’s cold weather guidelines with reminders
 21 about the necessity of wearing appropriate clothing for cold weather activities.

22 Any students with medical or mobility needs requiring specific accommodations for recess will have an
 23 individualized plan in place. Staff will be informed of these needs and ensure the necessary
 24 accommodations are met during recess.