

2018 Second Extraordinary Session

HOUSE RESOLUTION NO. 31

BY REPRESENTATIVE AMEDEE

A RESOLUTION

To urge and request the State Board of Elementary and Secondary Education to study the feasibility and advisability of requiring at least thirty minutes of daily recess for students in grades kindergarten through four and to submit a written report of findings and recommendations, including any recommendations for legislation relative to the issue, to the House Committee on Education not later than sixty days prior to the 2019 Regular Session of the Legislature.

WHEREAS, recess, separate and distinct from physical education, is an essential component of the total educational experience for children; and

WHEREAS, recess provides unstructured play opportunities that allow students to engage in physical activity, which is associated with greater academic achievement; and

WHEREAS, according to the American Academy of Pediatrics (AAP), recess is "a necessary break" from the classroom and offers not only physical but cognitive, social, and emotional benefits; and

WHEREAS, the AAP further reports that the period of interruption afforded by recess allows "optimal cognitive processing" and that recess makes children "more attentive and more productive" in the classroom; and

WHEREAS, the AAP states that "recess is a complement to, but not a replacement for, physical education" and that while "both have the potential to promote activity and a healthy lifestyle, only recess (particularly unstructured recess) provides the creative, social, and emotional benefits of play"; and

WHEREAS, students who engage in physical activity have better physical and mental health, and the establishment of an active lifestyle in childhood leads to a more active

lifestyle in adulthood; recess also allows children to practice life skills such as conflict resolution, cooperation, respect for rules, taking turns, sharing, using language to communicate, and problem solving in real situations; and

WHEREAS, in the 2018 Regular Session of the Legislature, House Bill No. 842, which would have required daily recess for some students, was reported with amendments by the House Committee on Education but failed to win final passage by the House of Representatives; and

WHEREAS, it was expressed that further study of this issue is needed, particularly with respect to the potential impact of such a requirement on instructional time.

THEREFORE, BE IT RESOLVED that the House of Representatives of the Legislature of Louisiana does hereby urge and request the State Board of Elementary and Secondary Education to study the feasibility and advisability of requiring at least thirty minutes of daily recess for students in grades kindergarten through four and to submit a written report of findings and recommendations, including any recommendations for legislation relative to the issue, to the House Committee on Education not later than sixty days prior to the 2019 Regular Session of the Legislature.

BE IT FURTHER RESOLVED that a suitable copy of this Resolution be transmitted to the State Board of Elementary and Secondary Education and the state superintendent of education.

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SPEAKER OF THE HOUSE OF REPRESENTATIVES