Structured Recess: How to Hit the Ground Running!

Brian Eller

Pima County Health Department

Tobacco and Chronic Disease Prevention
Goals

• Understand how recess, CSPAP and WSCC connect
• Explain the conduits for PCHD involvement in schools
• Explain process for SR in Schools
Agenda

• A Case for Whole School Whole Community Whole Child (WSCC)
• Comprehensive School Physical Activity Program
• School Health in Pima County
• Pima County Health Department: augmenting Structured Recess
• How To Implement Structured Recess
WSCC

- SHI as foundation for school actions
- LWP implementation as a support for PA and Nut.
Why WSCC

- Recommended by CDC as a strategy to improve students’ health and learning in schools
- Eliminates gaps
- Builds Partnerships and teamwork
- Enhances communication
- Focuses efforts for a more effective approach

Content source: National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health
It Takes Everyone Working Together
Physical Education and Physical Activity

Implement a comprehensive physical activity program with quality physical education as the cornerstone.
In The Beginning…

- **July 2006:** Wellness policies required for all schools receiving National School Lunch Program funding
- **March 2007:** Arizona Department of Education (AZDOE) received coordinated school health grant from the CDC
- **October 2009:** Physical education and health education standards updated and approved by state board of education
In The Beginning…

- **February 2010:** ADHS received state level CPPW grant
- **March 2010:** PCHD received county level CPPW grant
- **April 2010:** ADE, ADHS-CPPW, & PCHD CPPW met, articulated work plans and leveraged resources
- **April 2018:** Senate Bill 1083 and SB 1008
SB 1083

“EACH SCHOOL DISTRICT AND CHARTER SCHOOL SHALL PROVIDE AT LEAST TWO RECESS PERIODS DURING THE SCHOOL DAY FOR PUPILS IN KINDERGARTEN PROGRAMS AND GRADES ONE THROUGH THREE. FROM AND AFTER AUGUST 1, 2019 EACH SCHOOL DISTRICT AND CHARTER SCHOOL SHALL PROVIDE AT LEAST TWO RECESS PERIODS DURING THE SCHOOL DAY FOR PUPILS IN KINDERGARTEN PROGRAMS AND GRADES ONE THROUGH FIVE.”

https://legiscan.com/AZ/text/SB1083/2018

SB 1008

“The hours in which a student is scheduled to attend a common school during the regular school day shall be included in the calculation of the average daily membership for that student”

https://legiscan.com/AZ/text/SB1008/id/1657563
Why Structured Recess?
Active Students Make better Learners.

1. Evidence shows a positive relationship between physical activity and grade point average, rate of learning, classroom behavior, as well as cognitive, social and motor skill development (Chomitz, et al. 2009)

2. Students who need the most help academically, gain the most from being physical activity (CDC)

3. Active students are better learners
Pima County Model

The UANN and PCHD FY 16 Collaborative Framework

Co-brand Joint Efforts

Share Evaluation and Data

School Wellness Program
- Leverage HEAL resources to influence more schools & outcomes

.25 FTE PCHD and .25-5 FTE UANN Liaisons
  Coordinate SNAP Ed & UA Extension programs effectively via frequent and consistent joint communication and planning

Future Opportunities
- Support healthy restaurant initiatives
- Increase community PA lifestyle supports
- Other HEAL TBD

Tribal Health
- Respond to tribal needs for community/ECE gardens
- Other HEAL opportunities TBD

ECE Gardens
- Increase the number of certified gardens
- Train staff in evidence-based HEAL curriculum
- Provide food demonstrations using food from gardens

WIC
- Increase HEAL education to clients w/o supplanting WIC mission
- Partner with Farmer’s Markets to increase SNAP/WIC EBT access & redemption
Based on participating SHAC schools, there is a concerted effort to engage schools in Recess training:

1. Promote TA at “Welcome Back”

2. Promote at SHAC meetings

3. Promote with WC at site
Establish desire for training

Staff buy-in?

No

All-Staff Presentation

Custom TA for Student Leaders on Structured Recess

Yes

Student Leadership training

Custom TA on Structured Recess

Staff implements Structured Recess
Recess Before Lunch

• Play Before Eat benefits for students
• eat more fruits and vegetables
• drink more milk
• Waste less food
• Better behaved on playground, lunchroom, and classroom
• Some schools report less student trips to the nurse
Structured or “Active” Recess
The Vision for Structured Recess:

- Fair play is practiced
- There is student leadership on the playground
- Everyone is active and having fun
- Students move about on their own
6 Steps to an Active Recess

1. Round up your School Health Advisory Council (SHAC) to put Active Recess (CDC word) into motion
2. Prepare your playground by creating activity zones and adding design to make activity space friendly
3. Appoint an activity coordinator and student leaders (SWAT) to organize activity, encourage and teach games
6 Steps

4. Obtain equipment for active kids
5. Develop and enforce playground rules
6. Involve everyone
Who Can Help?

• Teachers
• Custodial Staff
• Parent group members
• Playground supervisors
• Student Leaders (SWAT)
• Health Department Staff
• Principal
• Others?
1. Add color and design by:
   • Painting games on the blacktop
   • Identify activity zones with cones and markings

2. Activity Zone Options
   • Learning Zone- you can begin with one zone and progress to more
   • Social Zone-jump rope
   • Walking/jogging path
   • Blacktop games
   • Field game/activity
Zoned Playground Example
Running Programs

• Milers Club
  1. NY Mighty Milers program (or in other cities)
  2. Marathon Family Fitness Fest
     UA Mall
  3. There are school/city/national programs
Activity Coordinator

- Activity promotion coordinator meets regularly with student leaders (SHAC) to:
  - Learn new zone games
  - Decide when to switch games
  - Decide how to introduce games
New Games/Activities

• Introducing New Playground Games:
• Wellness Week Assemblies- student leaders teach new game
• Staff Meetings- student leaders model game at beginning of staff meeting
• PE Classes- student leaders teach games in class
Effective Playground Management

• Create Playground rules
• Use posters and/or bulletin boards to promote rules
• Use daily announcements to highlight successes
• Student Leaders can be key in reducing the problems on the playground
Everyone Likes to Play

• Involve children of all ages, abilities, and skills
• Don’t forget about the peer recess leaders

1. Establish a rotating schedule of peer leaders and activities to avoid boredom
2. Purchase peer recess leader incentives (Frisbees, hats or pens), or let them decorate a hat to wear while they are “on duty”
3. Present them with a certificate of appreciation
Recommended Equipment

- Active and Healthy Schools
- Peaceful Playgrounds
- StartFIT
- CATCH Kids Club
Additional Equipment/Strategies

• KaBoom; Grants for play-space improvements  www.KaBoom.org
• Fuel Up to Play 60 – www.FueluptoPlay60.com : great links that include information and grant and assessment opportunities for students and staff.
• Walk to School – register your school and participate in this national event! http://www.walktoschool.org/
• Safe Routes to School; Donna Lewandowski – 243-BIKE; Teach your students the safe way to use an efficient and inexpensive mode of active transportation, the bicycle. Helmets provided.
• http://www.pecentral.org/ The premiere website for health and physical education with a plethora of games and resources for teachers.
• http://www.actionforhealthykids.org/who-we-are/our-state-teams/
• http://www.sparkpe.org/
• See handout for more resources
Action Plan

• District Policy: Do you have a district policy?
• Coordinator: Who is in charge? Who plans activities, announcements?
• Facilities: Where are boundaries?
• Equipment: What is available, and what do you need?
• Physical Education Curriculum: What activities to teach?
• Zone Development: Who will set up/break down
• Rules of playground SHAC
• Training: Students and Staff
• Activity breaks: in class
• Plan times: grade level activity zones
• Gather equipment: plan for equipment care
• Plan a kickoff!
Questions?