HOUSE RESOLUTION

URGING SCHOOL DISTRICTS TO PROVIDE A MID-MORNING AND MID-AFTERNOON RECESS TO ALL STUDENTS IN KINDERGARTEN THROUGH GRADE SIX (6).

Subtitle

URGING SCHOOL DISTRICTS TO PROVIDE A MID-MORNING AND MID-AFTERNOON RECESS TO ALL STUDENTS IN KINDERGARTEN THROUGH GRADE SIX (6).

WHEREAS, research has shown that more exercise for school-age children is necessary to combat the growing obesity problem; and

WHEREAS, the benefits of regular exercise include burning excess calories, controlling weight, increasing learning responses, relieving symptoms of depression, and improving symptoms associated with attention deficit hyperactivity disorder; and

WHEREAS, recess creates a supportive environment for children and allows them to incorporate regular physical activity into their daily lives; and

WHEREAS, recess provides children with discretionary time and opportunities to engage in physical activities that lead to healthy bodies and enjoyment of movement; and

WHEREAS, recess results in enhanced cognitive abilities and facilitates...
improved attention in the classroom; and

WHEREAS, recess is an essential component in the development of interpersonal communication skills, as it provides an unstructured environment in which children can interact with one another; and

WHEREAS, recess is an avenue for creativity which in turn leads to the ability to think "outside the box" and develop stronger thinking skills,

NOW THEREFORE,
BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE EIGHTY-SIXTH GENERAL ASSEMBLY OF THE STATE OF ARKANSAS:

THAT the House of Representatives recognizes the importance of recess and urges school districts to provide a mid-morning and mid-afternoon recess of at least ten (10) minutes to all students in kindergarten through grade six (6).

BE IT FURTHER RESOLVED that the House of Representatives encourages school administrators to provide alternatives to outdoor recess in inclement weather.

BE IT FURTHER RESOLVED that an appropriate copy shall be provided to the administrator of each school district in the state by the Chief Clerk of the House of Representatives.