

1 State of Arkansas
2 86th General Assembly
3 Regular Session, 2007

HR 1023

4
5 By: Representative L. Smith
6
7

8 **HOUSE RESOLUTION**

9 URGING SCHOOL DISTRICTS TO PROVIDE A MID-MORNING
10 AND MID-AFTERNOON RECESS TO ALL STUDENTS IN
11 KINDERGARTEN THROUGH GRADE SIX (6).
12

13 **Subtitle**

14 URGING SCHOOL DISTRICTS TO PROVIDE A
15 MID-MORNING AND MID-AFTERNOON RECESS TO
16 ALL STUDENTS IN KINDERGARTEN THROUGH
17 GRADE SIX (6).
18
19

20 WHEREAS, research has shown that more exercise for school-age children
21 is necessary to combat the growing obesity problem; and
22

23 WHEREAS, the benefits of regular exercise include burning excess
24 calories, controlling weight, increasing learning responses, relieving
25 symptoms of depression, and improving symptoms associated with attention
26 deficit hyperactivity disorder; and
27

28 WHEREAS, recess creates a supportive environment for children and
29 allows them to incorporate regular physical activity into their daily lives;
30 and
31

32 WHEREAS, recess provides children with discretionary time and
33 opportunities to engage in physical activities that lead to healthy bodies
34 and enjoyment of movement; and
35

36 WHEREAS, recess results in enhanced cognitive abilities and facilitates



1 improved attention in the classroom; and

2
3 WHEREAS, recess is an essential component in the development of
4 interpersonal communication skills, as it provides an unstructured
5 environment in which children can interact with one another; and

6
7 WHEREAS, recess is an avenue for creativity which in turn leads to the
8 ability to think "outside the box" and develop stronger thinking skills,

9
10 NOW THEREFORE,
11 BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE EIGHTY-SIXTH GENERAL
12 ASSEMBLY OF THE STATE OF ARKANSAS:

13
14 THAT the House of Representatives recognizes the importance of recess
15 and urges school districts to provide a mid-morning and mid-afternoon recess
16 of at least ten (10) minutes to all students in kindergarten through grade
17 six (6).

18
19 BE IT FURTHER RESOLVED that the House of Representatives encourages
20 school administrators to provide alternatives to outdoor recess in inclement
21 weather.

22
23 BE IT FURTHER RESOLVED that an appropriate copy shall be provided to
24 the administrator of each school district in the state by the Chief Clerk of
25 the House of Representatives.