

2018 Second Extraordinary Session

HOUSE RESOLUTION NO. 31

BY REPRESENTATIVE AMEDEE

STUDENTS: Requests that the State Bd. of Elementary and Secondary Education study the feasibility and advisability of requiring daily recess for students in grades kindergarten through four and submit a written report of recommendations

1 A RESOLUTION

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

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

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

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

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

18 WHEREAS, the AAP states that "recess is a complement to, but not a replacement
19 for, physical education" and that while "both have the potential to promote activity and a

1 healthy lifestyle, only recess (particularly unstructured recess) provides the creative, social,
2 and emotional benefits of play"; and

3 WHEREAS, students who engage in physical activity have better physical and
4 mental health, and the establishment of an active lifestyle in childhood leads to a more active
5 lifestyle in adulthood; recess also allows children to practice life skills such as conflict
6 resolution, cooperation, respect for rules, taking turns, sharing, using language to
7 communicate, and problem solving in real situations; and

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

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

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

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

DIGEST

The digest printed below was prepared by House Legislative Services. It constitutes no part of the legislative instrument. The keyword, one-liner, abstract, and digest do not constitute part of the law or proof or indicia of legislative intent. [R.S. 1:13(B) and 24:177(E)]

HR 31 Original

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Requests that the State Bd. of Elementary and Secondary Education study the feasibility and advisability of requiring at least 30 minutes of daily recess for students in grades kindergarten through four and submit a written report of findings and recommendations, including any recommendations for related legislation, to the House Committee on Education not later than 60 days prior to the 2019 R.S.