



Eco-Schools USA Healthy Living- Recess Policy Audit



Learning Objectives

- Identify school policies regarding recess.
- Investigate the links between physical activity and the numbers of related illnesses or conditions, such as childhood obesity, diabetes, and others.
- Raise awareness about the importance of recess and being outdoors.
- Provide information regarding the benefits associated with recess to the school, families, and larger, community.

Curriculum Links

N/A

Eco-Schools USA Pathways

Healthy Living, School Grounds, Transportation

Background

The state of our health is directly related not only to our long-term physical well-being but also to emotional and social factors - our general happiness, confidence and outlook on life. There is also a clear relationship between health and educational attainment.

Studies show outdoor time helps children grow lean and strong, enhances imaginations and attention spans, decreases aggression, and boosts classroom performance. In addition, children who spend time in nature regularly are shown to become better stewards of the environment.

Schools need, therefore, to be part of the equation when it comes to helping students to lead healthy and active lives.

Materials Needed for this Audit

- No other outside materials are needed to conduct the audit
- It may be helpful to enlist the knowledge of your building principal and/or facilities department

Procedure

1. Set aside time to complete the recess audit.
2. Analyze the results and report the findings to the school community.
3. Formulate an action plan and be sure to monitor and evaluate along the way.
4. Keep this report with your records. This information will be needed when responding to periodic Eco-Schools USA surveys, when applying for awards, and when communicating with the community and members of the media.

GENERAL SCHOOL PROFILE OF RECESS	
1. I know about the effects of recess on behavior.	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. I know about the effects of recess on academic performance.	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Does your school have recess at least 4 out of 5 days per week?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. On average, how many total minutes per day does a student receive recess? (Do not include time for lunch when students are eating and are not physically active.)	<input type="checkbox"/> < 15 minutes of recess per day <input type="checkbox"/> 15 to 20 minutes of recess per day <input type="checkbox"/> > 21 minutes per day
5. How often do classroom teachers/counselors keep individual students from recess to fulfill academic requirements?	<input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Very Often
6. During favorable weather conditions are students encouraged to stay outdoors during recess?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know
7. During inclement weather, are students encouraged to go outdoors during recess?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know
FORMAL RECESS POLICIES	
8. Does your school district/state have a written policy that specifies the number of recess minutes per day student should receive? If Yes , how many minutes per day? _____ minutes	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know
9. Does your school have a written policy that specifies the number of recess minutes per day students should receive? If Yes , how many minutes per day? _____ minutes	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know
10. Does your school district/state have a written policy requiring that students be provided with organized activities during recess?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know
11. Does your school have a written policy requiring that students be provided with organized activities during recess?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know
12. Does your school district/state have a written policy requiring recess supervisors to receive formalized training on playground supervision?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know
13. Does your school have a written policy requiring recess supervisors to receive formalized training on playground supervision?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know
14. Does your school district/state have a written policy that specifies a maximum student-to-supervisor ratio during recess? If Yes , what is the ratio? _____ Student : 1 Supervisor	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know
15. Does your school district/state have a written policy that specifies a maximum student-to-supervisor ratio during recess? If Yes , what is the ratio? _____ Student : 1 Supervisor	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know
16. Does your school district/state have a written policy requiring regular maintenance of playground facilities and equipment?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know
17. Does your school have a written policy requiring regular maintenance of playground facilities and equipment?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know

NOTES:

Summarize results from data collection: