



# HEALTHY HABITS

Did you know ...?

... recess should always be a time for students to get active outside.

*The Journal of School Health* (November 2010) states that “from the perspective of children’s health and well-being, recess should be considered a child’s personal time and should not be withheld for academic or punitive reasons.”

So ...

- create a culture within the school that expects all students to ‘run around and play’ at recess
- consider encouraging weekly intramural participation ... North Addington boasts 100% participation!
- use part of Friday afternoon as ‘Finish-Up Friday or Free Choice Friday’ for students to complete work instead of remaining inside at recess
- ensure all Yard Duty persons (occasional teachers, yard supervisors) know who to ‘watch for’ out on the yards and if a student is having difficulties on the yard – consider keeping him/her active by running laps or walking for four or five minutes
- consider revitalizing recess activities by painting playground lines for new games, teaching new games that students can play independently
- re-stock the outside equipment bins

