SAY **YES** TO **RECESS NEVADA**



Who supports recess?

- American Academy of Pediatrics
- Centers for Disease Control and Prevention
- National PTA
- National Association of Elementary School Principals
- National Association for Sport and Physical Education

Benefits of Recess

- Lifelong skills acquired for communication, negotiation, cooperation, sharing, problem-solving, and coping.
- Optimizes social, psychological, emotional, physical and cognitive development.
- Maximizes learning effectiveness and retention.
- Improvements in classroom behavior, memory and attention.

What is our goal?

Our goal is to pass a Nevada law that would mandate a minimum of 45 minutes of recess during the school day and prohibit withholding recess for academic or disciplinary reasons.

WHERE DO WE STAND?

We are working with state legislators to draft a bill on this for the 84th Session of the Nevada Legislature, which will convene on Feb. 1, 2027.

Current Law in Nevada

- A school day in session must consist of the following minimum instructional periods for each grade level, including recess and transition time between activities, but excluding lunch:
  - Kindergarten: 120 minutes
  - 1st and 2nd Grade: 240 minutes
  - 3rd through 6th Grade: 300 minutes
  - 7th through 12th Grade: 330 minutes
- Page 4 of the Nevada State Wellness Policy requires students to receive at least 30 min. of vigorous physical activity during each school day and prohibits withholding opportunities for physical activity as punishment. Unfortunately, not all schools consistently adhere to these requirements, and there is currently no clear process for reporting violations or monitoring compliance.
- Many of our elementary schools do not provide daily P.E., making recess the only guaranteed opportunity for physical activity during the school day. In our district, parents often have to fundraise to hire a P.E. teacher, and even then students typically receive only 30 minutes of P.E. per week. Without parent-funded teachers, recess is often a child's only chance to move, play, and be active at school.

Want to help?

WEBSITE
sayyestorecess.com/nevada

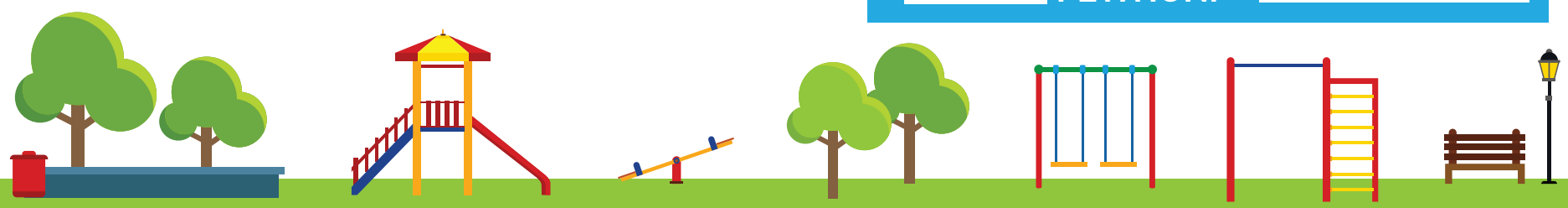
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Washoe Parent Coalition

SIGN OUR PETITION!

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"Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood."

- Mr. Fred Rogers

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