SAY YES TO RECESS NEVADA

45 TO THRIVE

- **Give every Nevada public elementary school student at least 45 minutes of recess during the school day**
- **Bar withholding recess for academic or minor disciplinary reasons**

BDR 34-348 · Co-sponsored by Assemblymembers Alexis Hansen (R) and Selena La Rue Hatch (D)

0	15 to 55	<1 in 5	1 in 3
Minutes of recess Nevada law requires schools to provide	Daily recess minutes at Nevada elementary schools we checked in fall 2026	Nevada kids ages 6–11 active at least an hour a day, among the lowest in the U.S.	Nevada 6th graders who felt sad or hopeless almost every day for 2+ weeks

Why Say YES to RECESS? Peer-reviewed research shows what common sense tells us: Recess boosts children's mental, physical, social-emotional and academic development — the very areas we all want to improve.

The problem How much recess Nevada children get depends on where they live — down to which school they're zoned for. Daily recess runs from 15 minutes at a Clark County school we called, to 30–55 across Douglas County, to 45 district-wide in Carson City. These totals don't count recess lost when children are kept in to finish classwork or for minor behavior issues, a practice the American Academy of Pediatrics says should never happen.

Low-income kids get less In Washoe County, only 3 of 26 Title I schools reached by phone said they give 45 minutes of recess, vs. 11 of 32 others.

More of the same isn't working Fewer than half Nevada's 3rd–8th graders scored proficient in reading, math or science — before the pandemic *and* 5 full years after.

"Won't this cut learning time?" No. At least 14 Washoe County elementary schools *already* give kids 45 minutes of recess during the school day, despite a school day tied for shortest in the state. **It takes scheduling, not a longer school day or new funding.** In a 2018 study, K–2 students who got 45 minutes of recess were less off-task and more focused in class than those who got 30, so class time counts for more.

Tennessee did it, and scores went up. In 2025, the state passed a law to bar withholding and expand recess from 15 to 40 minutes — without lengthening the school day and at a cost the Tennessee legislature deemed "not significant." One year later, elementary reading and math scores hit their highest levels in nearly a decade.

Current policy The Department of Agriculture's Nevada School Wellness Policy calls for 30 minutes of daily activity, which need not be recess, and bars withholding recess as punishment — yet parents, teachers and students report recess cut for classwork, test prep and whole-class punishment.

Let's take a low-cost swing at childhood obesity, poor proficiency and youth mental health.

Sources for every fact, infographics and parent reports: washoeparents.org/recess-sources

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Coalition: Nevada Chapter of the AAP • Children's Advocacy Alliance • Nevada Cancer Coalition • End Chronic Disease • Washoe Parent Coalition

