

Did you know? A new school recess law goes into effect in the 2024-2025 school year in Washington state!

In 2023, Washington state joined many other states in passing a law that guarantees daily recess for elementary school students.

IS YOUR SCHOOL
READY TO
COMPLY?

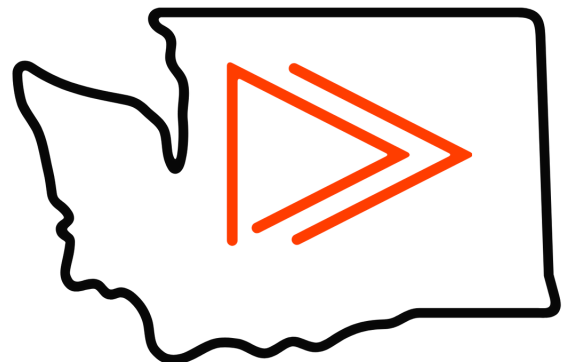


What's in the new state law?

- Requires **30 minutes of daily recess** in public schools for grades K-5, for school days exceeding five hours in duration
- Defines recess as **supervised and child-directed** time, says recess should be held **outside** whenever possible, states that it must aim to be safe, inclusive, and high quality, and schools should **avoid student use of computers, tablets, or phones** during recess
- States recess time may **not** be used to meet the physical education requirements under Washington state law
- Directs the Washington School Directors' Association to update its **model policy**, which then local school boards will discuss and adopt. The policy must also:
 - Encourage physical activity breaks for middle and high school students
 - Encourage elementary school recess to be scheduled before lunch
 - Discourage withholding recess as a disciplinary or punitive action
 - Discourage the withholding of recess to have a student complete academics
 - Prohibit the use of physical activity during the school day as punishment, such as having students run laps or do push-ups as a punitive action

Why is this law good for youth?

- Play is critical to positive youth development.
- Students who receive more recess are less stressed, have fewer behavior issues, and can concentrate better in the classroom.
- Research shows recess does not take away from learning, it supports it.



Learn more: recessforwa.org