



SCHOLARS
STRATEGY NETWORK

Let's Ensure 'Recess for All' Law Really Does Apply to All

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When one of our sons (then a third grader) lost recess privileges for a week last school year, he came home cranky and irritable. As he put it, "Recess is the only time I can actually really play with my friends without so many rules." Research in education, psychology, physiology, and brain science consistently points to recess as a vital part of the school day. There's a reason most kids claim recess is their favorite subject in school.

As students across California return to their classrooms, they will step back into healthier learning environments thanks to the landmark Senate Bill 291, known as Recess for All, which requires elementary schools — for the first time in the state's history — to provide students with at least 30 minutes of daily recess, while also prohibiting withholding recess as punishment.