

Fitness & Physical Activity subcommittee notes - March 22, 2023

Anna distributed possible language for an elementary school policy on recess. After discussion, the following language was agreed upon by the subcommittee:

*All elementary schools will provide outdoor (weather permitting) unstructured play breaks (recess) split into two separate periods for at least a total of 40 minutes a day. Not sure if **day** goes after 40 minutes OR **daily** goes before outdoor earlier in the sentence. Lori?*

The subcommittee also discussed language for a middle school policy. The subcommittee will look into suggesting a revision of SHI (?) objective 1 and action steps on page 16.

Action items:

Jennifer Aguilar will send the subcommittee's recommendation to Jennifer Gutierrez, executive director, Elementary Education, for her assessment.

Lori will ask the SHAC chair if the recess recommendation can be included on the agenda for April or May meeting.