

**Physical Activity is Not a Discipline Tool:
The Case for Recess**

What is happening in Rochester?

Parents in the Rochester City School District are worried about their kids missing out on recess and it being used as a form of punishment. In some cases, kids living in the city do not have a safe space to play outside. Often, the only chance for them to play comes during school hours. Together, parents and Healthi Kids want the district to know that every kid has a right to play. You can help make this possible. The district is currently updating their discipline policy. Together, we can make sure that it includes a section that will stop recess from being used as a punishment tool.

"If a child is struggling with Math, or Reading.. do we take THAT away from them? No. We teach them and RE-teach them in hopes of their ability to find connections and apply skills to their everyday lives. It's the same thing with Recess." - Playworks



Why recess?

- Recess gives children the time to recharge during the school day and lets them just be a kid;
- Children that play are more likely to be at a healthy weight;
- Children that play are also more likely to feel good about themselves;
- Recess can help your child do better in school;
- Nearly 40 percent of kids living in the City of Rochester are overweight or obese.



What Can I Do?

- Call Willie Robinson at the District's Office of Parent Engagement at 585.324.9999. Let them know what you think about the issue.
- Come to the next Parent Discipline Meeting. Call the Office of Parent Engagement, 585.324.9999 and tell them you would like to participate in the Parent Discipline Focus Group on Wednesday, February 18, 2015 at 5:30 p.m.
- Can't make the meeting? E-mail the Office of Parent Engagement at parentcenter@rcsdk12.org. Let them know how you feel about this issue; explain that you know about the parent discipline meeting and want to participate by sending your comments electronically.
- Want more information about withholding recess as a punishment tool? Call Erick Stephens, Healthi Kids' parent engagement specialist at 585.224.3112.

**To learn more about
Healthi Kids visit:
www.healthikids.org**