

# RECESS

ADVOCACY TOOLKIT

## EMAIL TEMPLATE

We need your voice to elevate the importance of play. Effectively sharing the research and communicating why play matters to you and your children is a simple way to advocate to your local school leaders.

In order to support play advocacy, below is sample email language that can be sent to principals, school board members or leaders, and district leadership. Consider modifying the introduction and story depending on whether or not the leader/decision-maker is a close contact; for example, sending to your child's principal versus school board members. The Recess Advocacy Team recommends sending a version to both, and mobilizing others in your community to send them as well.



## Subject:

Feedback for school reopening plan

## Body of email:

Dear <Name of School Board Member or District Leader>,

<Begin by introducing yourself, including your name, child(ren)'s names, and the school(s) they attend.>

I know many things about school are changing and you are managing how to open (or planning to reopen) school buildings. I am writing to urge you to consider prioritizing play and physical activity as a component of keeping children healthy as they return to school. As schools open (or plan to reopen), recess should be considered as a critical component of the school day.

Research demonstrates the cognitive, social, emotional, and physical benefits from play and physical activity:

- Cognitive/Academic Benefits: Several studies show that recess increases children's attention spans and productivity in the classroom. Physically active students tend to have better attendance, classroom behaviors, cognitive performance, and grades.
- Social and Emotional Benefits: Recess promotes social and emotional skills that become fundamental lifelong tools and serves as a developmentally appropriate way to reduce stress. Through recess children learn to develop self-discipline, plan strategies, respect rules, and solve problems.
- Physical Benefits: Dedicated time for recess during the school day helps children achieve some of the recommended sixty minutes of moderate to vigorous activity per day.

<Optional: insert brief personal story about your child(ren) and the positive impact of play.>

I want to share an article titled *[Recess Should NOT Be Cut: Considerations for COVID-19 School Reopening Plans](https://journals.lww.com/acsm-tj/fulltext/2020/07150/recess_should_not_be_cut_considerations_for.10.aspx)*<sup>1</sup> which provides strategies for balancing health protocols to reduce transmission while sharing the benefits of physical activity and recess. I ask that these strategies be considered to ensure that there are opportunities for physical movement and play. You can also review these resources from the Recess Advocacy Team: <<https://tryingtogether.org/community-resources/recess-advocacy-toolkit/>>.

It is important that all children have equitable opportunities to move, play, and thrive. Let's work together to enhance academic success by promoting physical activity and play for our students.

Sincerely,

<Your Name/ Signature>

<sup>1</sup> [https://journals.lww.com/acsm-tj/fulltext/2020/07150/recess\\_should\\_not\\_be\\_cut\\_considerations\\_for.10.aspx](https://journals.lww.com/acsm-tj/fulltext/2020/07150/recess_should_not_be_cut_considerations_for.10.aspx)